

Fall Cross-Country Information

Montague Township School District
Prospective Cross-Country Parents/Guardians,



Cross-Country season will begin on Tuesday, September 3rd. In order for students to follow the heat acclimation protocol students need to be ready to practice on 9/3.

Those able to participate are students only in grades 4-8th grade. This is an interscholastic sports program. Students will travel and participate against other schools. Cross-country practices will be three days a week from 3:45pm-4:45pm. Right now practices will be *Monday, Wednesday, and Thursday*. This will change depending on the meet schedule for the week. The first day of practice, a seasonal practice and meet schedule will be sent. Students must be picked up promptly at 4:45pm. Students in grades 6-8 are required to get a sports physical that is **updated**. Students in those grades cannot participate unless their physical paperwork is in order and that they are cleared before our start date. You can find the appropriate documents on the school website under Parents. Next, click Sports, under the Sports tab you will see "Physical Instructions". We encourage you to get all of the paperwork done now or over the summer so that there are no issues prior to our start date. If you have any additional questions about your child's physical please reach out to our school nurse.

Please be aware that students must abide by the handbook with our academic and disciplinary policy in order to participate.

Please email or drop off completed forms prior to 9/3. **Please email all forms to Coach Weiss.** That way they all go to the same place!

Coach Weiss: eweiss@montagueschool.org

Coach Runne: brunne@montagueschool.org



Fall Cross-Country Permission Slip

Montague Township School District



Student Name: _____

- **WHEN:** Cross-Country will be held three days a week after school from 3:45-4:45pm** (Please note that this is subject to change depending on our meet schedule)
- **PICK-UP LOCATION:** Behind the school where PUPS are dropped off by the cafeteria doors. Please be prompt!
- **START DATE:** Tuesday, September 3rd (First day of school)
- **WHO CAN PARTICIPATE:** Boys and girls 4th-8th grade who have an up to date physical. Students in grades 6-8 **MUST** have an updated physical to be eligible to participate. To check the status of your child's physical please contact Nurse Worzel at aworzel@montagueschool.org.

I, _____, (please print parent's name)

give my child _____ (please print student's name and grade)

permission to stay after school on all scheduled cross-country practices and meets to

participate in the Interscholastic Cross-Country program. The email that I check

regularly to receive important updated track information is: _____

The following people are approved pick up my child from cross-country. **Please list yourself as well and include the person's name and phone number. ONLY people on this list will be permitted to pick up your student athlete.**

****Please Print Neatly****

1. Name: _____ Phone # _____

2. Name: _____ Phone # _____

3. Name: _____ Phone # _____

4. Name: _____ Phone # _____

5. Name: _____ Phone # _____