

2018 BOYS AND GIRLS CROSS COUNTRY GRADES 5, 6, 7, & 8

PARENT MEETING. A parent meeting will be held on Sunday, August 5th at 5:30 pm in the old gym.

No otherwise eligible student will be permitted to participate in a meet until the required fee and forms are received by the athletic director.

The first fall practice will be Monday, August 13th, from 5:30 to 7:00 pm, at Highland Park.

The team competes as a middle school team and is open to (SAS eligible) students in the 5th through 8th grades who will be at least 10 on September 30th and who do not become 15 prior to September 1st.

SAS ELIGIBILITY - The school administration may remove any student from eligibility should a serious incident occur during the school day or at a sports or school related activity. Eligibility is based on report cards and disciplinary matters in each nine week reporting period and is only reevaluated at the end of the next nine-week reporting period. (Refer to the School Parent/Student Handbook for further details.)

Season - The cross country season is from September 1st to November 3rd.

Practices - Practices are held on Monday, Tuesday, and Thursday afternoons at 5:30-7:00 pm, and, if no meet is scheduled, on Saturday mornings at 8:00 am. All practices will be held at Highland Road Park, unless otherwise notified.

Meets - The team will compete in eight meets which will all be on Saturday mornings. A tentative schedule is attached and additional details for each meet will be provided as soon as the schedule is set by the host teams/schools.

Uniform -. Each player will be issued a team uniform to be returned after the season. Each player must wear the uniform and plain white socks at meets. [**See Uniform, Conflicts, and Shirt Order Form.**]

Equipment - Each player must provide his or her own shoes.

Fee. **\$75 payable to the "St. Aloysius Athletic Department".**

REQUIRED FORMS - Each student must, prior to participation in a meet, provide (1) completed uniform, conflicts, and shirt order form, (2) completed sports participation form, (3) completed sports contract, and (4) completed medical history evaluation/physical examination

form which verifies that the student is physically able to participate (forms are available on the school's website under "Athletics".)

PLAYER PARTICIPATION - Meet participation may be based on attendance and participation at practice, as well as conduct and attitude.

PARENT PARTICIPATION. Parents are encouraged to attend meets and cheer our runners on. Parents are also invited to attend practice and work out with the team.

FOR MORE INFORMATION contact Tre Hendry a 235-0482 or thendry@cox.net or Jerry Guillot at 931-0678 or jguillot@alloysius.org.