

# **BOYS AND GIRLS CROSS COUNTRY 5TH, 6TH, 7TH, & 8TH GRADES**

**"IN CROSS COUNTRY, WE RUN A LOT"**

**PARENT MEETING.** A parent meeting will be held on *Sunday, August 7 at 5:30 pm in Gymnasium I (OLD GYM).*

**The required forms must be submitted as soon as possible.**

**The first fall practice will be Monday, August 8th, 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 season meets will begin in mid-September end on November 5th.

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. Practices will be held at Highland Road Park, Perkins Road/Kenilworth Park, and sometimes the B.R. Beach/LSU Lakes or City Parks.

Meets - The team will compete in ten 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 Contract, Conflicts, and Shirt Order Form.**]

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

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

**(OVER FOR MORE)**

**REQUIRED FORMS** - Each student must, prior to such participation, provide (1) completed uniform contract, conflicts, and shirt order form (included), and (2) completed participation form and (3) completed medical history evaluation form (available on the school's website under "Athletics".)

**No otherwise eligible player may participate in a competitive event until the required fee and forms are submitted to the school to Ann Soike and confirmed by the athletic director.**

**PLAYER PARTICIPATION** - Team members will participate in meet competition. However, meet participation may be based on attendance and participation at practice, attendance at meets, 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 at 225-235-0482 or e-mail at [thendry@johnhendryins.com](mailto:thendry@johnhendryins.com), David Smith at 225-892-3555 or e-mail at [david@lawyerme.com](mailto:david@lawyerme.com), or Jerry Guillot at 342-0614 (office) or 769-9415 (home) or by e-mail at [jguillot@alloysius.org](mailto:jguillot@alloysius.org).

# CROSS COUNTRY - UNIFORM CONTRACT, CONFLICTS, SHIRT ORDER FORM

Student's Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_

**UNIFORM CONTRACT** - I acknowledge that my child will be issued a uniform with replacement cost listed below:

<u>Uniform/Equipment Item</u>	<u>Replacement Cost</u>
Jersey	\$19.00
Shorts	\$20.00

I understand that I am responsible for the care and return of the uniform. I understand failure to return the uniform by the date set for return and/or to return the uniform in unusable condition will result in my having to pay for each replacement.

**CONFLICTS** (List all activities that will conflict with practice or meets - see below)

1. Practices are on Monday, Wednesday, and Thursday at 5:30pm, and sometimes on Saturday morning.
2. Meets - Generally include about eight meets, on Saturday mornings, except for Metro Meet which is generally held on Monday afternoon.
3. Travel to meets is required.

	<b>CONFLICT(S)(Describe activity)</b>	<b>Days Involved</b>	<b>Starting time</b>	<b>Ending time</b>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____

## OPTIONAL PURCHASE

**ST. ALOYSIUS CROSS COUNTRY SHIRTS** - \$15 each to the "St. Aloysius Athletic Department".

Circle size and insert number of each selected size

Youth Small \_\_\_\_\_ Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_ Youth Extra Large \_\_\_\_\_  
 Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult Extra Large \_\_\_\_\_  
 Adult Double Extra Large \_\_\_\_\_ Adult Triple Extra Large \_\_\_\_\_  
**TOTAL Shirts Ordered** \_\_\_\_\_

**MENS'S/WOMEN'S TONIX SPORTS SHIRTS** - in red with white trim and the St. Aloysius logo - \$45 each to the "St. Aloysius Athletic Department".

**Women's Sports Shirts** - Circle size and insert number of each selected size

Adult Extra Small \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_  
 Adult Extra Large \_\_\_\_\_ Adult Double Extra Large \_\_\_\_\_  
**TOTAL Women's Sports Shirts Ordered** \_\_\_\_\_

**Men's Sports Shirts** - Circle size and insert number of each selected size

Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult Extra Large \_\_\_\_\_  
 Adult Double Extra Large \_\_\_\_\_ Adult Triple Extra Large \_\_\_\_\_  
**TOTAL Men's Sports Shirts Ordered** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent or Guardian**