



Welcome to the 2019 Cross Country season!



First Practice is: Thursday, September 12, 2019

Here is some important information regarding Cross Country participation, practices, and Meets:

Participation

- You must have a current physical approved by the school nurse (which must be cleared by the school physician)
- You must have all of the necessary paperwork signed by a parent and returned by the First Day of Practice on Thursday, September 12, 2019
- Attendance is mandatory in order to maintain your position on the Cross Country team

Practices

- Again, attendance is mandatory! If you have to miss a practice, please notify the coach immediately
- All practices END by 3:10...if you are being picked up, please have your ride here no later than 3:15 P.M.
- All participants run 1.5 miles at each practice
- Please be dressed in the following and prepared to run:
 - T-shirt
 - Shorts/sweatpants
 - Sneakers
 - Be sure to dress according to the weather
- Please bring a water bottle to practice with your name clearly labeled on it
- All students are expected to behave in and out of the Locker Room(s)
- Taking pictures and video in the Locker Room(s) is PROHIBITED! Failure to comply will result in disciplinary action

Meets

- All students are expected to attend EVERY MEET in order to maintain your position on the team
- All students are expected to adhere to proper behavior during meets (both HOME and AWAY)
- All students must wear the proper uniform during Meets (further information will be given out at a later date)

Coaches Contact Information

Mrs. Krsyzckowski: tkrsyzckowski@eatontown.org

Ms. Drury: Mdrury@eatontown.org



Memorial School *Cross Country*



(Checklist and Due Dates)

- **Health Update Form- Due by Friday, September 6, 2019**
 - Required EACH sports season
- **Sports Physical Packet- Due by Friday, September 6, 2019**
 - Required ANNUALLY prior to trying out for any team
- **Parent/Guardian Permission Slip- Due no later than Wednesday, September 11, 2019**
 - NO STUDENT can tryout without consent from a parent/guardian
- **Transportation Form-Due by Wednesday, September 11, 2019**
 - Please specify if you are on the East or West bus based on your address
- **State Mandated Forms (Signed by Student Athlete and Parent/Guardian)**
-Due by Wednesday, September 11, 2019
 - Form #1: Concussion Form
 - Form #2: Eye Injuries
 - Form #3: Cardiac Death
 - Form #4: Opioid Use and Misuse

Hand ALL completed forms into Mrs. K.

Physicals must be submitted to school nurse

*Pay close attention to the announcements for important dates for team meetings,
practices, Meets, and cancellations*

Need Information?

All forms and information are posted on the school's website😊

www.eatontown.org (click on "Athletics")



Parent/Guardian Permission Slip

(Please return to Mrs. K. by Wednesday, September 11, 2019)

I, _____, give my child _____ permission to participate on the 2019 Memorial School Cross Country team. I acknowledge that it is my responsibility to pick up my child at 3:15 P.M. at Memorial School by the Gym.

Student's Name: _____

Grade: _____

Homeroom Teacher: _____

Parent/Guardian Name(s) Please Print: _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Cell or Phone Number:

Email: _____

Student & Transportation Information

Student's Name _____

Grade _____ Homeroom Teacher _____

Home Address _____

Late Bus (East/West)? _____

Parent/Guardian's Name & Phone Number

This number will be used first in case of an emergency

(Name) _____

(Phone Number) _____

Alternate Contact

(Name) _____

(Relation to Student) _____

(Phone Number) _____

**In case of an emergency, hospital student is to be transported to? **

(Name of hospital)

Please indicate if your child uses either/both of the following:

- Inhaler _____
(Please specify the condition/reason)
- EpiPen _____
(Please specify the condition/reason)
- My child does not use/need either an Inhaler or EpiPen

Please indicate any other important information and/or medical condition(s) we should be made aware of

