

Rolling Hills Middle School Cross Country 2026-27 Permission Slip & Info Sheet



Cross Country will begin Monday, August 17, 2026, from 2:15-3:30pm. All interested students who meet the eligibility requirements below, must bring this signed permission slip to attend. *Transportation home must be pre-arranged!*

Keep in mind, if your child meets the Team Eligibility Requirements below, they will be expected to be present for all practices and meets. (Please Note: Transportation will not be provided to/from meets or practices).

TEAM ELIGIBILITY REQUIREMENTS:

1. Students must attend school for at least four (4) periods on a game day or day before a Saturday game or they will not participate in that game.
2. Students must maintain 85 merits.
3. If upon reviewing grades during a sport's season, a student is found to currently have an "F" and/or from past trimesters have an "F" in any class, the student will be considered to be in probationary status. Once placed on probationary status, the student will not be allowed to participate in practice or games and will be expected to raise the grade above an "F" within two weeks. If the student does not raise the grade above an "F" or remediate the past "F" in the two-week period, he/she will be removed from the team.
4. Students who are placed on a team will be asked to make a donation to help offset costs. A player's personal appearance, when in uniform, must conform to what the coach/administrator determines is important to the success and safety of the player in that sport.

TEAM PRACTICE SCHEDULE:

Practices will be every day except Wednesdays and Meet days from 2:15-3:30pm.

My child, _____ in grade _____, meets the requirements above and has permission to remain at school for tryouts on the above dates/times and we are also aware that transportation home is not provided by the school.

(Parent Signature)

(Date)