Please return this page to the ERMS main office.

If you want to order a t-shirt, please also include \$15 Check payable to ERMS

LAST DAY TO REGISTER IS Friday, SEPT. 12

Student Name:				
Grade:				
Homeroom Teacher				
T-shirt Size: please circle	Adult XS	Adult S	Adult M	NO SHIRT
WAIVER OF LIABILITY AND INFORMED CONSENT				
I, have enrolled my child,, in the ERMS Intramurals program. In consideration of my child's participation in the activity, I hereby release the East Ridge Middle School and its participating instructors from any claims, demands and causes of action arising from my child's participation in this program.				
I agree to promptly pick up my child or arrange his/her transportation home following his/her practice.				
I hereby affirm that my child is in good physical condition and does not suffer from any disability that would prevent or limit his/her participation in this program.				
In the event I cannot be reached in an emergency and immediate medical care is required for my child without delay, I hereby give permission to the supervising adult to secure medical treatment including emergency services. I hereby give permission to the attending physician at the hospital to admit and secure proper treatment, including injections, anesthesia and surgery for my child.				
Name of Parent of Guardian	•			
Signature				
Phone	:			
Emergency Contact/Phone if Parent cannot be reached:				
Parent Email (for weekly updates				

ERMS Cross Country 2026

Please save this page for your records.

All practices will be held after school on Mondays & Wednesdays from 2:50 to 3:45. Students will meet in the Gym.

Practice Dates:

Possible Meet Dates:

Important Information

- Practice is held rain or shine; however, if for some reason we need to cancel, we will make that decision by 11:00 AM. We will make an announcement on Google Classroom, send out an email and make an announcement to the students over the PA system at ERMS.
- Students will meet in the gym right after school. They should come prepared with running shoes, socks, t-shirt and shorts to run in. Bring layers based on the weather, and PLEASE BRING WATER in a reusable water bottle.
- You will need to transport your child to and from the meets or arrange for carpooling. Attending meets is not mandatory but encouraged. Students must sign up for each individual meet the week before. Details will be sent out in our weekly XC email & posted on the XC classroom. Meets will be held instead of practice if they are scheduled on a practice day.
- Please pick up your child promptly at 3:45pm on practice days. If they are getting a ride home with someone else, please provide a note.
- Each week we will provide an update with the schedule and any important information for the upcoming week. Please check the ERMS XC Team
 Page on Google Classroom - Class code - irixmka
- If you have any questions or concerns please contact Jennifer Jasminski (<u>jjasminski@ridgefieldps.net</u>) and/or Antonia Dominguez-Rudolph (adominguezrudolph@ridgefieldps.net).