

Cross Country Club- Permission and Agreement

Our goal in the Cross Country Club is to foster the development of runners regardless of experience. Middle School is a great place to learn, enjoy, and benefit from any physical activity. Cross country is different from other sports in that it is for building endurance, mentally and physically for long distances. Students have to want to run to be an effective part of a team.

Athletes must attend practice in appropriate active clothing with good running shoes for running and a water bottle every day. Electrolyte replacements are also highly recommended. It's also recommended that athletes have a watch with a timer for practices and eat proper nutritious meals daily.

*Transportation will NOT be provided for the meets this season. Families will need to transport their athletes to all meets (carpooling with other families is suggested).

Steps for Registration- *Registration will be open from August 14th -23rd*

1- Turn in the completed forms

a. [STUDENT PERMISSION SLIP](#) AND

b. the bottom of this form to Mrs. Rollman on registration day Aug 14 - 23rd, 2024

2- Log on to [Flagstaff Academy Webstore](#) and pay the Athletic Fee- \$55.00

Athletics Financial Assistance Request

Families needing financial assistance should first apply for the Free/Reduced Lunch Program with SVVSD Nutrition Services (<https://linqconnect.com/public/meal-application/new?identifier=DCN3CB>) if they haven't already. Please check the 'notify my school box' for this to be shared to the school. Families must also complete the [Athletics Financial Assistance Form](#). Acceptance into the free/reduced lunch program ensures free registration for athletics.

Important Links

[STUDENT PERMISSION SLIP](#)- English

[Link to Flagstaff RevTrak](#)

[Cross Country Season Schedule](#)

[Academic & Conduct Eligibility](#)

Middle School Assistant Principal

Kate Salgado ksalgado@flagstaffacademy.org

Athletic Director

Kristie Rollman krollman@flagstaffacademy.org

Coaches

Jeana Wurth jwurth@flagstaffacademy.org

Lauren Liedtke lliedtke@flagstaffacademy.org

Cross Country Permission Form

By signing below I give my student permission to participate in the Cross Country Club for Flagstaff Academy. I also understand that my student will be participating in practices and meets that take place off school grounds.

Student Name: _____

Grade: (Circle one) 6th grade 7th grade 8th grade

Shirt Size: Runs Large! (Circle one) YS YM YL AS AM AL AXL

Parent/Guardian Name: _____

Parent Contact Phone Number: _____

Email: _____

Parent/Guardian Signature: _____ **Date:** _____

