

Jr. Cougar Middle School Cross Country

For 6th, 7th and 8th grade students attending a Lansing area parochial school.

Cost \$80 includes uniform - \$50 if you have uniform

For updates contact:

Coach Cristin Reid cristin.reid@accessbidco.com (517) 204-5991 or LCHS XC Coach Tim Simpson at LCCXC@aol.com

Or Jr. Cougar Lansing Catholic Middle School Cross Country Facebook

<https://www.facebook.com/groups/483185061694314/>

First Practice is Monday, August 19, 2019 at 6 pm at Lansing Catholic High School (actual practice times to be determined)

All participants **must** complete the following and return with payment to the coach at first practice:

Student's Name: _____ Grade: _____

School: _____

Parent(s)/Guardian Name: _____

Parent Email: _____

IN EMERGENCY 1) _____ Phone #: _____ Cell #: _____

CONTACT or 2) _____ Phone #: _____ Cell #: _____

Family Doctor: _____ Phone: _____

Allergies: _____

Drug Reactions: _____

Current Medications: _____

Medical Conditions coach should know about _____

I, _____, an 18 year-old, or the parent or guardian of _____ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

OR 18 YEAR-OLD DATE SIGNATURE OF PARENT OR GUARDIAN

Check and complete:

- Student needs a uniform. (Men's S, M, L, XL and Women's XS, S, M, L, XL and Youth S, M, L)
Runners will be provided uniform top- you will supply plain (NO STRIPES) Black shorts
Singlet size _____

Check and complete:

- A current, completed copy of a physical card is attached.