

T/E Middle School Cross-Country Club 2019 Permission Form

Informational Meeting: September 9th
Start Date: September 11th
End Date: October 30th
Sponsors: Mrs. Riggs and Mr. Parker

Days: Mon/Tues/Wed/Thurs
Meeting Room: 206
Time: 3:25 to 5:00pm
Pick up: 5:00 pm **promptly**

The Cross-Country Club provides students in grades 6-8 with an opportunity to improve their running ability and overall self-confidence while fostering a spirit of camaraderie within the training group. Runs will take place in the local neighborhoods, on T/E fields and on the Conestoga High School track.

The program is designed to enable a novice runner to complete a 2 mile run by the end of the season.

Due to the nature of the club and our concern for our runner's safety, club membership is **limited to 20 runners**. Therefore, we are asking the athletes to commit themselves to the program and participate in a minimum of 3 out of 4 days per week should they choose to sign up.

Additional information will be provided at the September 9th meeting, 3:15 pm in room 206.

Runners **MUST** turn in completed and signed permission forms by September 11th to run.

Questions: Please contact Mrs. Riggs at riggsrunner@comcast.net or Mr. Parker at parkerw@tesd.net.

T/E Middle School Cross-Country Club 2019

I give my son/daughter permission to participate in the T/E Middle School Cross-Country Club. The program runs from 3:25 to 5:00 Monday through Thursday and takes place both on and off campus. Pick up is behind the school at 5:00pm.

Clearly Print:

Student's Name: _____

Grade: _____

Parent Contact Information:

Best Number to be Reached: _____

Email Address: _____

Student's Signature:

Parent's Signature:

*The Tredyffrin/Easttown School District charges an activity participation fee to offset some of the expenses of extra-curricular programs. The established fee is \$50, which covers participation in one **or more** sports or activities. Any student who participates in one or more of these activities (including Running Club) must pay the \$50 fee. Students participating in the free or reduced price lunch program will not be required to pay this fee. For more information and a list of activities, please see: <http://www.tesd.net/Page/8479>*

The fee may be paid online or by mail. Do not pay this fee at the schools, and do not submit payment to club advisors.

