

# NEW MARK CROSS COUNTRY

## Fall 2023

The boys' team will be going for their 11<sup>th</sup> District Championship in a row and the girls' team will be going for their 14<sup>th</sup> District Championship in the last 15 years! Don't miss out on being a part of this very successful program and all the fun we have! Please fill out the survey in the link below if your son/daughter has interest in participating in Cross Country in the Fall:

[https://docs.google.com/forms/d/e/1FAIpQLSc05FHW0LDaxKknvVz9YZ6PvRVF1O0TzSVjnWJq5wXKDw9TAg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc05FHW0LDaxKknvVz9YZ6PvRVF1O0TzSVjnWJq5wXKDw9TAg/viewform?usp=sf_link)

Practice will begin on **Monday, August 14<sup>th</sup>** (this is one whole week and a day before school starts)

**Practice the first week and one day before school starts will be from 3:00 pm to 4:30 pm (August 14<sup>th</sup> through August 18<sup>th</sup>, and August 21<sup>st</sup> only)**

**Practice will be daily from 2:15 pm until 3:30 pm once school starts on Tuesday, August 22<sup>nd</sup>.**

\*New Mark will be using PRIVIT this year for the storage of our physicals/handbook/concussion etc. Please go to the website below and make sure you submit all the required paperwork. A few common mistakes you don't want to make: Make sure to include the health insurance and policy number and make sure your son/daughter signs all spaces they are meant to sign!

<https://nmnorthstars-mo.e-ppe.com/index.jspa>

\*\*Physicals are good for 2 years from the date the doctor performed the exam. We have noticed that some doctors will only approve them for one year, so be aware of your practice policy. Forms are available on the school website: click on Activities, then Athletics, then participation form. If you already have a physical on file at New Mark from last year, make sure you understand that it will not be good after the 2 years is up from the date the physical was signed by the doctor. **HOWEVER, all other parts of that form that's not the actual doctor's physical MUST be filled out AGAIN in PRIVIT before try-outs.**

Please contact our staff with any questions you might have.

Head Coach: Jeff Eversole; [Jeff.Eversole@nkcschools.org](mailto:Jeff.Eversole@nkcschools.org)

Assistant Coach: Angelia Adamovich; [Angelia.Adamovich@nkcschools.org](mailto:Angelia.Adamovich@nkcschools.org)

Assistant Coach: Laura Coppess; [Laura.Coppess@nkcschools.org](mailto:Laura.Coppess@nkcschools.org)