

Wea Ridge Cross Country

Most run for punishment...We run for fun!!



Information

- All 6th, 7th, and 8th grade runners who are interested in running **COMPETITIVELY**.
- Practices will typically be held 4 days a week from 4:20p.m. to approximately 5:30p.m. at Wea Ridge Middle School.
- Runners will participate in 8 to 10 meets during the season.
- Practice will begin Monday, August 19th after school and will run approximately 7 weeks.
- Runners will promptly meet in Mr. Cox's classroom (room 611) after school each day and will promptly change in the 6th grade restrooms.
- You must have the slip below filled out by a parent/guardian to practice.
- You must wear a pair of suitable running shoes, shorts, and a t-shirt.
(TANK TOPS ARE NOT ACCEPTABLE)
- The cost is \$55 dollars per runner. This includes a Wea Ridge Cross Country race jersey and the entry fees to the meets. Extra apparel may be ordered for an additional fee.

Please contact Mr. Cox by email at jacox@tsc.k12.in.us if you have questions!

The form below will be required in order to participate.

Parent/Guardian Release Form

Student's grade: _____

I, _____, give my child, _____, permission to join the Wea Ridge Cross Country team. I understand that this is not just an exercise program and he/she will be committing to the program by running **COMPETITIVELY**. I understand that every practice will be after school 4 days a week from 4:20p.m. to 5:30p.m.. I understand that I will have to provide prompt transportation for my child after each practice and to/from most meets. This is a club, non funded Tippecanoe School Corporation sport. I understand that no physical is required to participate in a club sport, and I will take full responsibility if an injury may occur.

Parent/Guardian signature: _____ Date: _____
Emergency Contact #: _____

Runner's Race Jersey Size: **SIZES RUN LARGE...
(Youth L)____ (Adult S)____ (Adult M)____ (Adult L)____ (Adult XL)____

***EXTRA APPAREL OPTIONS ARE AVAILABLE ON ATTACHED SHEET

(Make checks payable to: Wea Ridge XC)

Extra Apparel Orders

***** T-Shirt** (Runners? Parents? Siblings?)

**60% Cotton 40% Polyester (Black with logo below)
(Optional / Extra \$17.00):**

**(Adult S)_____ (Adult M)_____ (Adult L)_____ (Adult
XL)_____ (Adult XXL)_____**



***** Hoodie** (Runners? Parents? Siblings?)

**100% Polyester (Black with logo below)
(Optional / Extra \$38.00):**

**(Adult S)_____ (Adult M)_____ (Adult L)_____ (Adult
XL)_____ (Adult XXL)_____**



Runner's Name: _____

Runner's Grade: _____

Extra Apparel Total: \$ _____