

Cross-Country Intramurals



Cross-Country Intramurals will begin Tuesday, August 18th. Each session will be held from 2:50 pm to 4:00pm. I ask you to please be on time to pick up your child. I have kids who participate in after school sports and I cannot be late to pick them up. On August 18th, all runners will report to room 214 at 3:00 pm before they dress. I will answer any questions they may have at that time. Cross-country intramurals consist of learning the sport of cross-country, preparing for the opportunity to run on the CC team in 7th and 8th grade, stretching, running, and cardio activities.

Participants are NOT required to go to every practice but should maintain a consistent level of commitment. If prior commitments interfere with practice, it is certainly ok to miss. If you have to leave early, they can, but please have your child tell me as there are times we run off campus. If you have not paid the intramural fee of \$26, please write a check to Naperville District 203 along with your permission slip.

Student Name: _____
Grade: 6

Emergency Contact Information:
Name: _____
Cell Phone Number: _____

I give permission for my son or daughter to participate in Intramural Cross-Country at WJHS. In signing this permission slip, I understand that in case of accident or loss, we will not hold the school or any of its employees liable for such damage or loss.

I understand that my child will not be able to access medications that are in the health office. District policy does not allow students to carry any medications during the school day. A student may self-carry an albuterol inhaler or an epinephrine auto-injector with the proper documentation on file in the health office. For other medications, please plan to have a responsible adult bring the medication to practice/sporting event. If you have any questions at all about medications needed for after or before school activities, please contact the coach/supervisor as soon as possible.

Parent / Guardian Signature

Date

***Please list any health concerns.** _____

Cross-Country Schedule 2026

August

18th-Tuesday
19th-Wednesday

24th-Monday
27th-Thursday

31st-Monday

September

1st-Tuesday
2nd-Wednesday

8th-Tuesday

15th-Tuesday
16th-Wednesday

21st-Monday
22nd-Tuesday
24th-Thursday

29th-Tuesday
30th-Wednesday **ICE CREAM RUN**

October
1st-Thursday **ICE CREAM RUN**

***Ice-cream run: We run to Cold Stone Creamery, buy ice-cream (or whatever they choose. Runners may go to Starbucks instead), eat at CSC, and WALK back to WJHS. Runners should bring \$5.00-\$8.00. There will be a sign-up sheet for ONE of the two days. I split the ice-cream run into two days to allow everyone the opportunity to attend.**