

ATTENTION ALL STUDENTS: Liddell Cross-Country will be starting soon!

Students in grades 3 – 6 are eligible to join the Liddell Cross-Country Team. Our first practice will be on Monday, August 22nd from 3:10 p.m. to 4:15 p.m. Please be sure to wear comfortable clothes/shoes and bring a water bottle. **Please keep in mind that cross-country is long distance running. If you do not like to run, please do not sign up.** In order to participate, this form must be returned to Mr. Cinfel no later than Monday, August 22nd. Practices will be held on Mondays, Tuesdays, and Thursdays from 3:10-4:15, with our first meet on Friday, September 2nd. We will be handing out cross-country uniforms this year to all runners. As a result, no cross-country shirts will be ordered.

In order to participate students must:

(1) have medical insurance (2) maintain a “C” average (3) demonstrate good citizenship

My child, _____, may join the Liddell Cross-Country team.

Our medical insurance is: _____ Policy #: _____

Parent/Guardian Signature: _____ Phone #: _____

Grade: _____ Room #: _____ Teacher Signature: _____

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