



Cross Country 2024

Meets: PLS students in grades 6-8 (A-Team) are invited to participate in all meets. PLS students in grade 5 (B-Team) are invited to participate in the TELSS annual cross country meet only. All meets are on Tuesdays except the annual TELSS meet that is scheduled for Wednesday, September 18, in Port Orchard.

Practices: Both A & B Teams are invited to participate in practices. Practices will be held Fridays at Gonyea Playfield (13422 10th Ave. S. Tacoma 98444) from 3:30pm to 5:00pm, beginning **Friday, September 6.**

Fee: \$50.00 for grades 6-8 (A-Team); \$30 for grade 5 (B-Team). Fees will be billed with November tuition.

Uniforms:

Practice: Participants should wear shorts/sweats, a t-shirt and have a water bottle.

Meets: Participants should have their Cross County jersey (ordered by PLS, see below) black shorts/sweats and a water bottle (provided by parents).

Shuttle: The shuttle bus will be available for all practices/meets for the first 12 participants in **grades 6-8** to sign up by 12:30pm on practice/meet days. Students in grade 5 will not be able to sign up for the shuttle until after grades 6-8 have had the opportunity to sign up.

Academic Eligibility: Students become ineligible for meets and practices if they do not meet academic eligibility (see handbook). **Players not academically eligible by lunch time on practice and meet days will not be able to participate and will phone home so that parents can pick them up at the end of the school day.**

The following permission slip, along with a concussion form, must be returned to Mrs. Rogich before a student may participate in practice/meets. The deadline to sign up for the PLS Cross Country team is **September 6.**

If you have questions or would like to volunteer, please contact Mrs. Rogich at: crogich@parklandlutheran.org

*****Cut and return lower portion*****
Please read carefully before signing and returning.

_____ has my permission to participate on the Cross Country Team.
(Student's Name – Please Print)

I understand that I am responsible for securing transportation for my child to/from meets/practice.
_____ **(Parent's Initials)**

I, a licensed and insured driver, am responsible for children I agree to transport.
_____ **(Parent's Initials)**

I agree to pay the sport's fee when billed (\$50 for A-Team; \$30 for B-Team). _____ **(Parent's Initials)**

_____ **(Parent/Guardian's Name – Please Print)**

_____ **(Parent/Guardian's Signature)**

T-shirts are included in the sport's fee and should be worn to all meets along with black short/sweats. Please fill in the following information.

_____ **(Student's Name – Please Print)**

Runner T-shirt size (circle one)

Youth: L XL

Adult: S M L XL