

# Cross Country Athletic Participation

The first practice will be held on Monday, August 3<sup>rd</sup>, 2009 beginning at 7:00 am. We will meet behind Chiddix Junior High School on the track. Please check out the cross country website at [www.unit5.org/cjhsrunning](http://www.unit5.org/cjhsrunning) for a complete practice schedule.

**In order to participate, each athlete must have the following forms turned into the main office prior to participation.**

1. Current Sports Physical (physicals are good for one year from the date of the physical).
2. Copy of birth certificate must be on file
3. Athletic Permission/Record form (copy can be printed off of the CJHS athletics home page )
4. Fees: \$75 (checks made out to CJHS)

**Coaches will not be collecting be any of the forms listed above during practice.** The only form the coaches will be collecting at practice is the gold slip. The gold slip, which indicates all forms have been properly submitted to the office, must be handed to the coach before the athlete may participate in the sport.

Coach Burroughs will be in the main office on Wednesday, July 29 from 12:00-2:00 pm collecting the forms and issuing gold slips. If you come on another day, it is recommended that you call the main office to make sure someone will be there (452-1191).

Please e-mail if you have any questions [burroughsj@unit5.org](mailto:burroughsj@unit5.org) or [mcgrawc@unit.org](mailto:mcgrawc@unit.org)



