



Maryville Christian School Cross Country Registration Form

To the Participants and Parents of the MCS Cross Country Team

Cross Country at MCS begins with the first official practice held on August 8, 2011 from 8:00am to 10:00. Participants should meet at the MCS Gym. Runners should come dressed for practice and **must have a current physical on file or hand carried to the first official practice in order to participate.** The 2011-12 Season Schedule (Races) and the Calendar (Practice Schedules) are posted at the MCS Sports Web Site

(<http://www.go-mcs.org>) The web page calendar includes all meets and practices along with locations, times, and maps if needed. Once at the site, simply click on "Athletics" followed by "Cross Country" to get to the cross country web page. Varsity Members (top 8 B's & G's) will practice or race on Mon., Tues., Thurs., Friday, & Saturday's. Non-Varsity runners will practice or race on Tuesday's, Thursday's, and Saturday's. There will be no practices on Wednesday's except during the week of the MCS Parent Night. The season will conclude with the SIJHSAA "Varsity B's & G's" State Meet on October 15th.

MCS students eligible for tryouts include **all members of last year's cross country team, any student enrolled in 4th through 7th grade, and any MCS student who can run 1 mile under the following times: Girls 8:30 and Boys 8:00.** A time trial will be held during the first Saturday practice. All potential participants wishing to tryout should plan on attending the first week of practice.

There is a \$40.00 participation fee that will be used to assist with the cost of uniforms, sweats, t-shirts, meet entry fees, and equipment. Checks should be made payable to Marville Christian School with Cross Country annotated in then Memo line.

Each parent and student participant is required to read and sign the following: a Student Athlete Commitment Contract, an Emergency Medical Card ie. EMC, and the MCS Transportation Permission Form which allows for the transporting of your student athlete to and from practices, competition's and/or related Fitness Club running activities. Each of these forms can be found online at go-mcs.org under athletics or received from you coach. Parents who wish to volunteer to drive a team and/or club members to and from events and related activities are also asked to complete the Private Vehicle Owners Transportation Process. This procedure requires volunteer parents who drive to *provide the Coach/AD with your name, proof of liability insurance, and a copy of a valid driver's license.*

Please indicate your interest to participate by completing and returning this form to Coach Moore at the first practice held on Monday August 8, 2011 from 8:00am to 10:00 at the MCS Gym. If you have any questions please call Coach Mike Moore @ 345-5854 or 978-2228 or send e-mails to mlamoore@charter.net.

Participants Name _____ Age _____ Grade _____
 _____ Male / Female (Circle one) _____ (Entering this year)

Parents Names Mr. _____ & Mrs. _____
 _____ First Name _____ First Name _____ Last Name _____

Address _____ City _____ Zip _____

Phone # (Home) _____ (Cell) _____ E-Mail Address _____

_____ Yes, please sign my child up. _____ I have attached the \$40.00 participation fee _____ I will provide Fee prior to First Race

 Parent / Guardian (Signature) _____ Parent / Guardian (Please Print)

T-Shirt Size (Circle One) Youth Small, Youth Med., Youth Large, Adult Small, Adult Med., Adult Large, Adult X-Large

Shorts Size (Circle One) Youth Small, Youth Med., Youth Large, Adult Small, Adult Med., Adult Large, Adult X-Large