

Dear Parents or Guardians of our Saint Joseph Athletes,

Our 2018 Saint Joseph Regional School Cross Country season will begin with a student meeting followed by the first practice on **Tuesday, September 11th from 3:00 - 4:15** at Saint Joseph Regional School.

The cross country coach is Mrs. Carolyn Polistina. If any parent would like to volunteer to help Mrs. Polistina, please let us know. All volunteers must already be CAP certified and have received a letter of criminal history clearance. If you are **not** CAP certified, you would be required to attend the new VIRTUS certification training. If you have any questions regarding the CAP/VIRTUS certification or criminal history clearance, please contact Ellen Fletcher at 609-927-2288 ext. 11.

The participation fee is \$85 for one player or a flat family fee of \$125 for two or more members. This payment will be billed via FACTS.

Each student must have a current physical on file in the nurse's office in order to participate. If your child has had a physical within the last year, he/she is up to date. Physical forms can be found on our website under the "Parents" tab under "Athletic Forms," and on both the *Athletics* and *Cross Country/Track* webpages. Please complete each form and return to Mrs. Russell, our school nurse.

If your child is interested in participating in cross country, please fill out and **return the bottom portion** of this letter to Mrs. Rymas or Mr. Elliott **by MONDAY, SEPTEMBER 17TH**. If you have any questions, please contact Mrs. Rymas at trymas@sjrs.org or Mr. Elliott at melliott@sjrs.org.

Respectively,

Trish Rymas and Mark Elliott
Athletics Department

CROSS COUNTRY

Student's Name _____ Grade _____

Contact Information: Parent/Guardian Name(s) _____

Cell number (may be used for text) _____

Contact Phone Number (if different from cell): _____

Email: _____