

Dear Parents/Guardians,

*****Practice begins Sept. 12**

Your student athlete, _____, has signed up to participate in cross country at Mardela Middle and High School. I will be coaching the team. I would like to make you and your student aware of some of the requirements for participation.

- Practices usually Mondays and Thursdays-2:45 until 4:00
- Bring appropriate gear to participate-running shoes, t-shirt, shorts and adequate drinking beverage-water and/or sport drink
- Maintain a GPA of 2.0
- No out of school suspensions-cannot practice for 10 days
- ISS-accounts for 1 missed practice on that day
- Appropriate behavior at practice and in school
- Positive attitude-willingness to work hard
- **Practice ends at 4:00-rides must be here no later than 4:15** –please be prompt-students are to be picked up at the front of school
- No more than (1) unexcused and (1) excused absence -other issues are to be discussed with the coaches
- If excused absence-bring a parent/guardian note
- Students will have to make a choice between other after school activities and cross country-please see a coach if there is a problem
- If late to practice more than (2) times- students may be asked to find another activity
- Inappropriate after school behavior and students will be asked to leave

There will be a minimum of (3) interscholastic cross country meets-to be determined. These usually take place after school. There will be a fee to ride the bus, if they are away meets. Practice and meet schedule is attached.

Please have both signatures filled in below and return this form next practice.

By signing below-I understand all the above requirements.

_____ Student/Athlete signature

_____ Parent/Guardian signature

_____ Parent/Guardian Email

_____ Parent/Guardian Cellphone

Sincerely,
Alexander McRae (amcrae@wcboc.org)

12 Sep Practice	13 Sep	14 Sep	15 Sep Practice	16 Sep
19 Sep Practice	20 Sep	21 Sep	22 Sep Practice	23 Sep
26 Sep Practice	27 Sep Meet- Salisbury Middle	28 Sep	29 Sep Practice	30 Sep
3 Oct Practice	4 Oct Meet- Bennett Middle	5 Oct	6 Oct Practice	7 Oct
10 Oct Practice	11 Oct	12 Oct	13 Oct Meet- Mardela Middle	14 Oct
17 Oct Practice	18 Oct	19 Oct	20 Oct Practice	21 Oct
24 Oct Practice	25 Oct	26 Oct	27 Oct FINALE- City Park	

Tentative Meet Schedule:

Salisbury Middle-Tues-Sept. 27

Bennett Middle-Tues-Oct. 4

Mardela-Thurs-Oct. 13

City Park finale-Thursday-Oct. 27

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