

Dear Parents and Cross Country Participants,

Cross country will officially begin Monday, Tuesday September 11th. We will practice on Mondays, Tuesdays and Thursdays until the late bus at 4:20, unless otherwise noted on the calendar due to meets. Please utilize our school's website for meets and practice dates. We will send home a hard copy with your student athlete on the first day of practice.

All distributed paperwork must be handed in to school prior to your son or daughter being allowed to practice. The transportation waiver below must also be filled out prior to practice on Tuesday.

PLEASE NOTE: There is a new policy of **PAY TO PLAY** in our district. All participants of any after school activity will be required to pay a onetime fee per school year of \$35.00 regardless of how many activities they participate in. You may pay with cash or by check made out to Allamuchy Township School.

All participants for the county meet must attend at least 6 practices, but we strongly encourage attendance at all possible practices.

I understand that my child is required to attend all track practices, unless I provide a note to excuse his/ her absence. If my child will not be attending practice, I will notify the main office. I understand that the ATSD will run a call to secure the whereabouts of track students at 3:15. In this regard, the school reserves the right to remove non-compliant students from the program.

We look forward to a great season!
If you have any questions, please feel free to contact us.

Sincerely,

Mrs. Aussems-aussems@aes.k12.nj.us Mr. Serraino-nserraino@aes.k12.nj.us

Return no later than Friday, September 9th

Student Name

I understand that my child is required to attend all Cross Country practices indicated on the schedule, unless I provide a note to excuse his/her absence. If my child will not be attending practice, I will notify the main office. I understand that the ATSD will run a call to secure the whereabouts of track students at 3:15. In this regard, the school reserves the right to remove non-compliant students from the program.

{ } My child has permission to ride the late bus.

{ } My child has permission to ride home with _____

{ } I will pick up my child at 4:20.

I have read, signed and returned the following paperwork.

{ } Sudden Cardiac Death in Young Athletes

{ } Sports Related concussion and Head Injury

{ } \$35.00 Pay to Play

{ } Bus waiver

Parent

signature _____