



Lake Castle Madisonville

Cross Country

Who can participate: Grades 3rd – 8th

Season: The season runs from August through October.

Meets: Typically, we participate in 5-10 meets per season.

The meet schedule will not be finalized until the end of August.

Grades 3rd - 6th run 1 mile.

Grades 7th & 8th run 2 miles.

Parents are responsible for providing their own transportation to the meets.

Practices:

After school on Mondays and Wednesdays until 4:15 P.M.

Mandatory attire:

- Gym/running shorts and running shoes
NOTE: **No school shoes** – students will **not** be allowed to run if they forget their running shoes.
- Bring water to practice.

Communication

Communication to the team will be done via email and/or GroupMe.

REGISTRATION FOR LCCC

\$50.00 – Check payable to Lake Castle Madisonville

DUE BY FRIDAY, AUGUST 21

Student's name _____ Homeroom _____

Date of Birth: _____ Current Age: _____ Male or Female _____

Parent's names: _____

1st contact phone # _____ Contact's name _____

2nd contact phone # _____ Contact's name _____

Email address you would like to receive information: _____

In an **emergency** call: _____ # _____

After practice student will be dismissed to:

_____ ASC _____ parent / guardian

Jersey Size (circle one): YS, YM, YL, YXL, AS, AM, AL