

HIGHROAD ACADEMY

Cross Country Permission Form

Thank you for allowing your child to participate on the 2019 Cross Country Team this year. Below is some important information about the team this year, practice schedules as well as a permission form for the team. The cross country coaches are Matt Milec and Pam Goosen.

Any updates to the schedule, practice times, meets, etc. will be found on our Athletics Blog: ***athletics.highroadacademy.com***. The Blog will be the most up to date information available.

Practices: *(Start Monday Sept 9th)*

Mondays from 3pm to 4pm

Wednesdays from 7:15am to 8:15am

- Meet at Highroad

Fridays from 7:15am to 8:15am

- Meet at the base of Little Mountain (Cul-de-sac at the North end of Quarry Road)
- Students will be driven back to school at the end of practice in a school vehicle.

Meets:

- Meet Schedule and Race Times will be found on the Athletics Blog.

Cost: \$30 (Gr. 8-12) **or** \$20 (Gr. 6-7) (Cash or Cheque to be paid at the office)



(Hand in to Highroad Academy Office with Payment)

Student Name(s): _____ T-shirt Size: _____

(please specify **youth** or **adult** - Ex. **YL** or **AL**)

Student Grade: _____

Student Birthday: ____/____/____

(year/month/day)

I, give my child permission to participate on the **Highroad Cross Country Team** this year at Highroad Academy and travel with the team on school vehicles to various practices and meets around the Fraser Valley.

(Parent Name) _____ (Parent Signature) _____

(Parent Email) _____

(Parent Phone #) _____

Amount Paid \$30 (Gr. 8-12) **or** \$20 (Gr. 6-7): _____