








## WARRIOR CROSS-COUNTRY TEAM NEWS

1.  **PERMISSION FORMS** - All athletes who wish to compete or train with the Cross-Country team must complete the attached **season permission form**. This must be turned in before Tuesday. (***You must fill this out even if you have filled one out for another sport***). A copy of the permission form has been placed at [www.warriorcross.ca](http://www.warriorcross.ca) in case you lose your copy.
2.  **CONCUSSION FORM** – All students must complete the attached concussion form (on the back of the permission form). Parents must also sign this form!
3.  **DRIVER FORM** – Any parent who plans on driving any student to meets must complete this form. Any athlete who is over 18 who plans on driving to meets must fill out this form. **AT NO TIME WILL ANY STUDENT BE ALLOWED TO DRIVE ANOTHER STUDENT TO MEETS!!!!**
4.  **DORCHESTER MEET ENTRY FORM** – A link to enter the Dorchester meet will be posted at [www.warriocross.ca](http://www.warriocross.ca) Please fill in the information and submit before this coming Monday (September 17<sup>th</sup>, 2018). All athletes should consider coming to this meet!!!! Only 44 athletes will fit on the bus so it is first come first serve!
5.  **ATHLETICS FEE** - All athletes who wish to compete on the Cross-Country must pay the **\$60 ATHLETICS FEE**. (A separate Athletics fee must be paid for each sport you compete in.) You will need to pay for the team online using the School Cash Online system at <https://huronperthcdsb.schoolcashionline.com/> The Athletics fee for cross-country should be already set up there for most of you. Please let me know if this is not the case. **PLEASE DO NOT LET MONEY BE AN OBSTACLE IN YOU RUNNING THIS SEASON. IF YOU NEED FINANCIAL ASSISTANCE, PLEASE LET MR. STEHLIK KNOW AND WE CAN DRAW FROM A FUND IN THE SCHOOL.**
6.  **TEAM UNIFORM DEPOSIT** – Every team member will have their own singlet for the season (you will get the singlet on the bus at your first meet). You will need to write **A SEPARATE DEPOSIT CHEQUE FOR \$50.00** made out to **ST. MICHAEL CSS** and include your name in the memo section – staple the cheque or envelope to the permission form and return to Mr. Dewan or Mrs. Yundt ASAP. ***This cheque will be destroyed at the end of the season, after your uniform is returned.***
7.  **MARCH FOR MIKES** – All students who take part in ANY extra-curricular activity at St. Michael must fundraise a minimum of \$35 at the March for Mikes. You will receive information about the March very soon.
8.  **PRACTICES** – A complete and up to date practice/meet schedule is located in the display case outside of the phys.ed office and is also posted at [www.warriorcross.ca](http://www.warriorcross.ca). (***Typically Monday, Tuesday and Thursday after school and Wednesday and Friday at 7:15 a.m.***) Athletes are expected to attend at **least two practices** a week. If you are unable to attend two practices, please see Mr. Dewan or Mrs. Yundt to discuss your situation. **Due to the large team this year, not everyone will be able to attend each meet. Practice attendance will be a major consideration when the coaches decide who will attend each meet.**
9.  **COMMUNICATION** - BE SURE TO JOIN OUR FACEBOOK GROUP “**Warrior Cross**” or <https://www.facebook.com/groups/329752723787301/> to receive regular updates. Please encourage your parents to join the FACEBOOK group as well. This will be the main form of communication for the team. OR – text @warriorcro to the number (519) 800-2426

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**P.S – IF YOU ARE NOT INTERESTED IN COMPETING ON THE CROSS-COUNTRY TEAM THIS SEASON, PLEASE LET MR. DEWAN KNOW – AND HE WILL REMOVE YOU FROM THE MAILING LIST**