



OLMC Cross Country 2022

Welcome to the 2022 XC Season!

STUDENTS AND PARENTS

- Practice will take place Tuesdays and Thursdays promptly after school between 2:45 - 4:15PM. Students must check-in at the beginning of practice and check-out before leaving practice. Students must be picked up no later than 4:15PM
- Every athlete **MUST** bring their own water bottle or will not be allowed to attend practice
- Every athlete **MUST** have sneakers/running shoes for practice or will not be allowed to attend practice.
- With the exception of our first official practice, Thursday, September 8th, Students will change in the locker rooms quietly and meet promptly in the gym for warm-ups. The first day of practice, we will meet to discuss the season, introduce the coaches, take a head-count/attendance and answer any questions parents or students have.
- For our first practice, Thursday, September 8th, students do not need to change and will meet promptly after school in the gym. The first practice will be shorter than normal so parents should be ready to pick up their students by 3:45pm
- For the championship meet, students must have run in at least 2 meets to qualify.
- Before the official season starts, we will be meeting this coming Saturday, September 3rd at 10:00 A.M. for a team run. Details will be sent out the day before as to the confirmed meeting point.
- If there are any students participating in cross-country who have allergies or asthma, we must have an inhaler and epipen for that student if required.
- **In order for your child to participate in the OLMC 2021 XC Season, please turn in the permission slip and check as soon as possible.**
- **In addition to turning in the permission form and check, please fill out the New Jersey Department of Education Health History Update Questionnaire form attached.**

The cost of the XC 2022 Season will be **\$55**. Make checks out to 'OLMC School' and please write Cross Country in the 'For' part of the check.

WE ARE IN SERIOUS NEED OF PARENT VOLUNTEERS ASAP! We need volunteer coaches, and volunteers for the meets. Please turn in permission slip as soon as possible as we are starting the season immediately.

If you have any questions or concerns, please feel free to email coaches (Coach Bob Hoff, Coach Dan Clavijo, Coach Carmen DeLuca, Coach Cortney Christopher) at running@olmcboonton.org. We look forward to a wonderful season!



Our Lady of Mount Carmel Cross Country Permission Form

Student's name: _____

Grade: _____

Parent's name: _____

Parent's contact number: _____

Parent's email address: _____

Emergency contact name and
number: _____

Emergency contact name and number
#2 _____

I give _____ permission to participate in the Our Lady of Mount Carmel Cross Country program for the 2022-2023 school year. My child has had a complete physical and his/her participation has been approved by his/her medical doctor. Our Lady of Mount Carmel and/or the XC Cross-Country volunteers will not be held responsible for any injuries or accidents.

Parent/Guardian Signature

Date