

Oak Hill Academy – Fall Cross Country 2022

ALL forms MUST be submitted to the nurse. THERE IS MORE THAN JUST A PHYSICAL AND THIS PERMISSION SLIP REQUIRED!!!

Please go to the Oak Hill website/Parents/Important Links/Nurse’s Corner/Athletic Health Forms 1-8

PARTICIPATION REQUIREMENTS:

Cross Country participants will abide by all guidelines described in the school handbook. Everyone in grades 3-8 is welcome regardless of ability. There will be no tryouts or cuts. Participants **must have physicals and all necessary paperwork** before starting practice.

EQUIPMENT:

For practice, children should wear shorts and t-shirts, and/or sweatshirts and sweatpants. For health and safety, please wear running shoes or sneakers that offer good support. Water bottles are strongly recommended.

PRACTICE:

GRADES 4, 7, 8

Tuesday, September 20
Tuesday, September 27
Tuesday, October 4
Tuesday, October 11
Tuesday, October 18
Tuesday, October 25
Tuesday, November 1

GRADES 3, 5, 6

Friday, September 23
Friday, September 30
Friday, October 7
Friday, October 14
Friday, October 21
Friday, October 28
Friday, November 4

PICK-UP AT 3:15 AT THE BLEACHERS OUTSIDE THE GYM

After 3:15 your child will be sent to extended care in the Tech Center.

No child may practice without a valid physical/paperwork. NO EXCEPTIONS!!

I agree that I have contacted the school nurse and my child’s paperwork is up to date.

Child’s name _____ Grade _____

Parent signature _____ Date _____

Parent’s email address _____

**PLEASE RETURN THIS PERMISSION SLIP TO MRS. GILFILLAN ASAP
ALL other forms MUST be submitted to the nurse!!**