

2019 Northwestern Middle Cross Country Team

Thank you for showing an interest on becoming a member of the NMS Cross Country team for the 2019-2020 school year. We will begin Summer Training on Monday, July 1st and Wednesday, July 3rd . Training will take place from 8:00-9:30 at NMS. We will train every Monday, Wednesday, and Thursday for the remainder of July. Tryouts for the Cross Country team will be on Monday, August 13 after school until 3:45.

When you attend your first training session, I will need a copy of an up to date Athletic Physical. You can print a blank copy of this form off of the Sports page on our school website or pick up a copy from the school office. You will also receive a practice calendar, Remind sheet, and a Team Member information sheet when you attend your first workout.

It is important that you begin running on your own ASAP. If you wait until July, it will be too late to be properly prepared for the XC season. Please return the form below to Coach Onellion at NMS or if you are a 6th grader at Copper Mill to Coach Stephens or Coach Trimble. If you have any questions please e-mail david.onellion@zacharyschools.org

Name _____

Parent e-mail _____

Parent Cell Phone _____

Please print the information above clearly