

## ERMS Cross Country Registration 2024

**New Runners: Return this page and \$30 (registration and t-shirt fee)**  
**Returning Runners: Return this page and \$15 (registration ONLY!)**  
(Meaning you already have a shirt, you found it, and it fits!)

**Check payable to ERMS returned to ERMS main office**

**LAST DAY TO REGISTER IS SEPT. 13**

<b>Student Name:</b>	
<b>Grade:</b>	
<b>Homeroom Teacher:</b>	
<b>T-shirt Size: (please circle if needed)</b>	Adult XS      Adult S      Adult M      Adult L

### WAIVER OF LIABILITY AND INFORMED CONSENT

I, \_\_\_\_\_, have enrolled my child, \_\_\_\_\_ in the ERMS Intramurals program. In consideration of my child's participation in the activity, I hereby release the East Ridge Middle School and its participating instructors from any claims, demands and causes of action arising from my child's participation in this program.

I agree to promptly pick up my child or arrange his/her transportation home following his/her practice.

I hereby affirm that my child is in good physical condition and does not suffer from any disability that would prevent or limit his/her participation in this program.

In the event I cannot be reached in an emergency and immediate medical care is required for my child without delay, I hereby give permission to the supervising adult to secure medical treatment including emergency services. I hereby give permission to the attending physician at the hospital to admit and secure proper treatment, including injections, anesthesia and surgery for my child.

<b>Name of Parent or Guardian:</b>	
<b>Signature:</b>	
<b>Phone:</b>	
<b>Emergency Contact/Phone if Parent cannot be reached:</b>	
<b>Parent email: (weather related cancellations &amp; weekly updates will be sent to this email)</b>	



## ERMS Cross Country 2024



**Please save this page for your records.**

All practices will be held after school on Mondays, Wednesdays & Fridays from 2:50 to 3:45. Students will meet in the Gym.

**Practice Dates:** 9/9, 9/11, 9/13, 9/16, 9/18, 9/20, 9/23, 9/25, 9/27, 9/30, 10/2, 10/4, 10/7, 10/9, 10/16, 10/18, 10/21, 10/23, 10/25, 10/28, 10/30, 11/1  
**NO PRACTICE: 10/11, 10/14,**

**Meet Dates:** At least 4. Dates & Times TBD.

### \*\*Important Information\*\*

- Practice is held rain or shine; however, if for some reason we need to cancel, we will make that decision by 11:00 AM. We will make an announcement on Google Classroom, send out an email and make an announcement to the students over the PA system at ERMS.
- Students will meet in the gym right after school. They should come prepared with running shoes, socks, t-shirt and shorts to run in. Bring layers based on the weather, and PLEASE BRING WATER in a reusable water bottle!
- **You will need to transport your child to and from the meets or arrange for carpooling.** Attending meets is **not mandatory** but encouraged. Students must sign up for each individual meet the week before. Details will be sent out in our weekly XC email & posted on the XC classroom. Meets will be held **instead of practice** if they are scheduled on a practice day.
- **Please pick up your child promptly at 3:45pm on practice days.** If they are getting a ride home with someone else, please provide a note.
- Each week we will provide an update with the schedule and any important information for the upcoming week. Please check the ERMS XC Team Page on Google Classroom - Class code - irixmka
- If you have any questions or concerns please contact David Bozzuto (dbozzuto@ridgefieldps.net) or Jennifer Jasminski (jjasminski@ridgefieldps.net)