

SMS Cross Country

Dear Parent or Guardian,

Sebastian Middle School will begin our XC training on Tuesday, September 3, 2019. The team is designed for all levels of runners. Our program will introduce students to goal setting and competition. We will train on Tuesday and Thursday after school until 3:15pm. Students need to supply their own running shoes and practice clothes. **Students will also need to provide their own transportation home after training. Students can be picked up in the back-bus loop at 3:15pm. We kindly ask that students are picked up on time. If they are consistently picked up late, they will not be allowed to continue practicing.**

The team will run a schedule of meets and there will be more information to come on dates and how many. Runners will need their own transportation to and from meets. We will also encourage students to run with the coaches, faculty, and staff of SMS in the <https://www.pinkupthepace.com/> run. We will sell t-shirts for the run for five dollars and give more information at practice. If you have any questions, please feel free to contact Coach Gray or Coach Hagy.

Coach Gray – 407-765-0791 joshua.gray@stjohns.k12.fl.us
Coach Hagy - 904-704-0199 heather.hagy@stjohns.k12.fl.us

Students must have a current physical on file dated within one year to participate.

Save this part of the form for future reference.

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Sign this part of the form and return it to your child's teacher.

My Son or Daughter _____ has permission
Student Name

to participate on the Cross-Country Team/ Running Club.

In an emergency, please contact:

Name: _____ Phone: _____

Parent/Guardian Signature: _____ Date: _____

Parent's Email: _____

Please return to Coach Gray