

# 2018-2019 Valley View Cubs 4<sup>th</sup> -6<sup>th</sup>

## Grade Cross Country Contract

**Practice will begin October 2nd**

**The first meet this year will be October 4th at Rocklin High School 4pm**

**PLEASE RETURN BY WEDNESDAY, SEPT. 26TH!**

1. Practice will be held on **Tuesdays 2:20-2:50 meet outside multipurpose room!**
2. **The cost to participate on the cross country team is \$30.00. Checks payable to Valley View**, this includes the price for each meet and the team jersey. Each race is approximately \$5.00 depending on the number of students participating. The jersey is the students to keep. If you already have a jersey from a previous season, the cost is only \$20.00.
3. Participation on the team is a privilege. Students need to be positive and respectful representatives of our school as we practice and travel to other schools. Students must demonstrate appropriate behavior. If not, he/she may be asked to leave the team. Most importantly, students must be able to follow road rules and street signs.

- This is not a school related function and meets are held at other school campuses.
- You, wonderful parents, **ARE** the transportation to the meets.
- Parents/guardians must accompany and supervise their children at the meets.
- Keep track of your race labels for each meet. Runners cannot run without them.
- Please email me with any questions [kberlant@rocklinusd.org](mailto:kberlant@rocklinusd.org)

EACH RUNNER SHOULD BRING WATER TO PRACTICE.  
A SMALL SNACK FOR AFTER PRACTICE IS A GOOD CHOICE ☺

**Team Jersey Size** (circle one): YS YM YL AS AM AL

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_ Parent Phone: \_\_\_\_\_

Health Insurance Carrier: \_\_\_\_\_ Policy # \_\_\_\_\_

Does your child have any Allergies, asthma or medical concerns?

---

I understand:

1. Attendance expectations
2. Behavior participation
3. Meet participation
4. This is not a school related function
5. The students will be running off campus

Parent Signature

Student Signature

Date



Please check if you are able to assist with practices and/or meets!