

2011 IMMACULATE CONCEPTION SCHOOL CROSS-COUNTRY REGISTRATION FORM

Dear Parents and Student Athletes,

We are excited to offer the opportunity for our boys and girls in grades 7 and 8 to participate in the Immaculate Conception Cross-Country Program. **This year we are offering this great opportunity to the 6th graders as well!**

We would love for as many students as possible to participate in this year's program. This year our goal is to have as close to 100% participation as possible. We feel the ICS Cross-Country program offers the following benefits to our student-athletes:

1. **Team and Community Spirit** ó Participating on the cross-country will help build relationships outside of the classroom. Running with your fellow classmates and cheering them across the finish line is a great way to build team unity within the Immaculate Conception School community.
2. **Great Fitness Habits** ó Running cross-country at the Immaculate Conception is a terrific way to get in great aerobic shape. It will help prepare you for other sports and it will help you start developing habits that will keep you fit for life.
3. **Challenges and Satisfaction** ó Competing on the school team gives you an opportunity to run with and against students from other schools, but your biggest competition will be with yourself! Each time you improve your personal best time, you will experience a tremendous feeling of satisfaction and pride.
4. **Fun!** ó Our coaches are committed to making the practices fun and will measure success one smile at a time!

We are excited to announce that Mr. Dale Eckert will be back as the head coach of this year's team. In addition, Mrs. Kim Coppinger and Mr. Ted Jones will be serving as assistant coaches again this year. Dale, Kim, and Ted are very experienced runners with several Marathons (including Boston) under their belts.

Depending on the number of 6th grade participants this year, we may need to solicit the help of parental volunteers. We will notify you in the event we do need volunteers.

The team will run three times per week, with practices beginning on September 12th. The initial practices will be at Fuller Field in Newburyport from 3:30-4:30. After these initial practices, the remaining practices will be conducted at Maudslay State Park from 3:30 to 4:30 PM. Meets will begin on September 29th and the season will conclude no later than November 7th. Most of the meets will be at Maudslay, but we will also participate in 2-3 away meets as well. Please note that parents will need to provide transportation to and from practices and meets.

The fee for participation in the Cross-Country program is \$50. The team will provide uniform jerseys. There will also be a banquet at the conclusion of the season with awards for our runners. Each runner will need a good pair of running shoes, stopwatch, water bottle, and a pair of black shorts. We do not want the cost to deter anyone from participating, so please contact Mrs. Reardon if you need any assistance with this fee.

Once again, we would love to have every student-athlete in the 6th, 7th and 8th grade participate, so please feel free to contact me at the4doyles@comcast.net or 978-457-2751 with any questions that you might have.

We are asking that you please submit the registration form with a \$50 check made payable to the Immaculate Conception School to Mrs. Reardon's office by Friday, September 9th.

Sincerely,

Mike Doyle
Athletic Director
Immaculate Conception School

Student-Athlete Name: _____
(PLEASE PRINT)

Grade: _____ Date: _____

Parent Signature: _____

E-Mail Address: _____

Phone Number: _____

Shirt Size: Youth Lg ____ Adult Sm ____ Adult Med ____ Adult Lg ____