

Rockbridge Academy



Cross Country Club Permission Slip

Who: Middle School Boys and Girls
What: Cross Country Club
When: Tuesdays and Thursdays, 3:00-4:00pm
Coaches: Mrs. Ball and Miss Becker assisted by Isaac Duarte and Nathan Griffith

The Rockbridge Cross Country Club will be meeting Tuesdays and Thursdays throughout the school year from 3:00-4:00pm. The club will be coached by Mrs. Ball and Miss Becker with the help of Isaac Duarte and Nathan Griffith and will include middle school boys and girls. There will be opportunities to run in two middle school cross country meets (2 mile distance) and various other road races during the school year. The club will meet in front of the school building and run north on Indian Landing Road for training runs, and the coaches will be accompanying the students on the runs wearing reflective vests. Please fill out the permission slip below and return it to Mrs. Ball at the first practice, **September 14 at 3:00.**

_____ has my permission to participate in the
Name of Student

Rockbridge Academy Cross Country Club.

Parent's Signature: _____ Date: _____

Parent's Cell Number: _____

Please return completed permission slip to **MRS. BALL** by: **Tuesday, September 14, 2010.**