

## **ERMS Cross Country Registration 2025**

**New Runners: Return this page and \$40 (registration and t-shirt fee)**

**Returning Runners: Return this page and \$20 (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 Friday, SEPT. 12**

<b><u>Student Name:</u></b>	
<b><u>Grade:</u></b>	
<b><u>Homerroom Teacher</u></b>	
<b><u>Tshirt Size:</u> please circle if needed</b>	Adult XS                      Adult S                      Adult M

### **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</b>	



## ERMS Cross Country 2025



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

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

**Practice Dates:** 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29, 10/1,  
10/6, 10/8, 10/15, 10/20, 10/22, 10/27, 10/29

**NO PRACTICE: 10/13**

**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 Jennifer Jasminski ([jjasminski@ridgefieldps.net](mailto:jjasminski@ridgefieldps.net)) and/or Antonia Dominguez-Rudolph ([adominguezrudolph@ridgefieldps.net](mailto:adominguezrudolph@ridgefieldps.net)).