ERMS Cross Country Registration 2026

Please return this page to the ERMS main office.

To order a t-shirt to wear at the OPTIONAL meets, please also include $15 Check payable to ERMS

LAST DAY TO REGISTER IS FRIDAY, SEPT. 18

Student Name:	
Grade:	
Homeroom Teacher	
T-shirt Size: please circle	**Adult XS Adult S Adult M NO SHIRT**

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.

Name of Parent or Guardian:	
Signature:	
Phone:	
Emergency Contact/Phone if Parent cannot be reached:	
Parent Email: (for weekly updates)	

ERMS Cross Country 2026

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:
9/14, 9/16, 9/23, 9/28, 9/30, 10/5, 10/7, 10/14, 10/19, 10/21, 10/26, 10/28

Possible Meet Dates:
dates/times tbd but usually 3-4 in New Canaan and/or Wilton

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) and/or Antonia Dominguez-Rudolph (adominguezrudolph@ridgefieldps.net).