



ERMS Spring Track & Field Registration 2026



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LAST DAY TO REGISTER IS APRIL 17

Student Name:	
Grade:	
Homeroom Teacher:	

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/Guardian:	
Signature:	
Phone:	
Emergency Contact/Phone if Parent cannot be reached:	
Parent email: (cancellations & weekly updates are sent to this email)	

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Please save this page for your records.

All practices are held after school on Wednesday from 2:50 to 3:45.
Students meet in the Gym.

Practice Dates: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3
THERE ARE NO MEETS

Important Information

- 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
- Practice is held rain or shine; however, if for some reason we need to cancel, that decision will be made by 11:00 AM. We will post an announcement on Google Classroom, send an email to the address(es) listed on the registration form and make an announcement to the students over the PA system.
- Students should come prepared for practice 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!
- Please pick up your child promptly at 3:45pm. If they are getting a ride home with someone else, please let us know.
- If you have any questions or concerns please contact Jennifer Jasminski (jjasminski@ridgefieldps.net) or [Jason Meyers](mailto:jameyers@ridgefieldps.net) (jameyers@ridgefieldps.net)