



Mazzuchelli Catholic Middle School Cross Country – 2024

- *All student-athletes must have an athletic physical on file at school before being allowed to participate in practice/meets. A Permission Form and a Concussion Fact Sheet must also be signed.
- *A \$45 participation fee is required of all participants. You will be invoiced for this fee. In case of financial hardship or special circumstances, contact Mr. Thole.
- *The official royal blue athletic shorts, which are available in the Office (\$10), are required for meets but not necessary for practice. A uniform jersey will be issued to each runner on or before Picture Day.
- *Each runner will be assigned a locker in the locker room. Use of a school-issued padlock is required. The replacement cost for a padlock is \$5.00.
- *All practices begin and end in the MCMS Commons.
- *All participants are expected to attend all practices. If conflicts occur, the coach should be informed ahead of time. Special exceptions can be made for students involved in other school-sponsored activities. Practice attendance can be a factor in a coach's determination of participation in a meet.
- *Participants must arrange their own transportation to and from meets. Because transportation is the responsibility of families, athletes may choose not to participate in some of the meets (without penalty).
- *Cross Country participants cannot play MCMS football/volleyball. MCMS football/volleyball players cannot participate in cross country.