

Dear Parent:

Mrs. Ard (formerly Ms. Devost) will once again be coaching our cross-country team. This sport which is designed for an individual to better himself or herself as well as competing on a team. SJRS will participate in four or five meets during a six week program ending in mid-October at a wide range of sites. Practices will be here on the school grounds.

The boys team and girls team will have two or three practices during the week here at school from 2:45 to 4:15 p.m. beginning on Monday, August 28, Tuesday, August 29 and Wednesday, August 30.

Mrs. Ard is also looking for parents to assist her in coaching. A parent could volunteer as a one time or multi-day assistant. Mrs. Ard will be directing all of the assistants. No prior knowledge is necessary.

If you have a student or students who is interested, please complete the form below and return it to school by Monday, August 21 with a \$35 registration fee.

Sincerely,

Stephen J. Donohue, Principal

St. John Regional School

2017 Fall Cross Country Registration Grades 5- 8

I acknowledge that I understand and agree that neither SJRS nor its coaches/employees shall be liable for any injury, loss or damage occasioned by my son or daughter as a result of participation in any outdoor soccer activity at SJRS.

Student Name _____

Parent/Guardian Name _____

Address _____

Phone(s) _____

Email(s) _____

Would you like to help coach? _____

Parent/Guardian Signature _____

Date _____