



## Cross Country Sign-Up Sheet

**Remember – a current sports physical MUST be on file in order to practice or play.**

Cross Country practices will begin in mid-July. You will be contacted using the information provided below. Also, please watch the district website and Facebook page for more information. **There will be a \$20 participation fee per student per sport for 2018-19. This is due now – please send with this paper. Checks may be made to Southgate Lions Pride. Due by May 7.**

Student's Name: \_\_\_\_\_

Student's Grade (in 18-19): \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

\_\_\_\_\_ I am interested in helping coach the Cross Country team.

\_\_\_\_\_ I have experience coaching.

\_\_\_\_\_ I do not have experience coaching.

If interested in coaching, please put your email and phone number:

\_\_\_\_\_ Email \_\_\_\_\_ Phone #