

MAY 16, 2016

# Q.R. CROSS COUNTRY REGISTRATION 2016 SEASON

REGISTRATION IS OPEN TO BOYS & GIRLS ENTERING GRADES 4th, 5th, 6th, 7th & 8th. TEAMS NEED TO BE FORMED BEFORE SCHOOL ENDS THIS YEAR. AS ALWAYS, WE WOULD GREATLY APPRECIATE IF PARENTS CAN VOLUNTEER TO COACH/ASSISTANT COACH. THE FEE FOR CROSS COUNTRY IS \$35.00 WHICH DOES NOT INCLUDE THE COST OF A JERSEY. IF YOU ARE ORDERING A JERSEY, PLEASE INCLUDE AN ADDITIONAL \$16.00. A CHECK MADE OUT TO "QUEEN OF THE ROSARY SCHOOL" MUST BE INCLUDED WITH THE FORM FOUND BELOW. PLEASE RETURN THE FORM AND PAYMENT IN AN ENVELOPE LABELED "PAM PONTRELLI- CROSS COUNTRY REGISTRATION" FORM & PAYMENT DUE BY FRIDAY, JUNE 3<sup>RD</sup>.

-----  
NAME \_\_\_\_\_ GRADE(NEXT YEAR) 4 5 6 7 8  
DATE OF BIRTH \_\_\_\_\_ HOME PHONE # \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_  
JERSEY NEEDED: YES OR NO    SIZE \_\_\_\_\_ NAME ON BACK \_\_\_\_\_

Please refer to the following sites for size charts. The jerseys are Sanmar, Sport Tek, style#ST350/YST350. **If a size is not indicated, a jersey will not be ordered!!**

ADULT: <http://www.apparelvideos.com/cs/CatalogBrowser?todo=ss&productId=ST350>

YOUTH: <http://www.apparelvideos.com/cs/CatalogBrowser?todo=ss&productId=YST350>

- *For the 2016-17 school year, all student athletes must have a sports physical to participate in the athletics program. The physical must be completed after June 1 and is required by August 1. Please see the following link or the packet for more details: <http://www.qrschool.org/storage/athletics/Sports%20Physicals.pdf>*

I WOULD BE INTERESTED IN COACHING/ASST COACHING. PLEASE PROVIDE EMAIL & PHONE # TO BE USED AS CONTACT INFO.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

IN ORDER TO COACH, YOU MUST BE COMPLIANT WITH THE ARCHDIOCESE REQUIREMENTS.