



Murray Middle School Cross Country Team and Running Club

RJ Murray Middle School Cross Country Team and Running Club will begin its third season starting Monday, October 2nd at 2:00 pm with an informational meeting. The first practice will follow on Tuesday, October 3rd from 3:00-4:00pm. The club/team is designed to introduce students to distance running, goal setting, running competition, and to promote physical fitness and a healthy lifestyle. The club/team will meet every, Tuesday **and** Thursday for supervised homework completion from 2:00pm to 3:00pm. Practice will begin at 3:00 and end at 4:00pm. Practice begins Tuesday, October 3rd and ends Thursday, November 16th.

Students **must provide** their own transportation home. Students are dismissed from the parent pick up loop at the front of the school. Please pick up your student **no later** than 4:00pm. Students may change in the PE locker rooms at 3:00pm but need to bring their belongings with them out to the PE field while running. Students should attend practice in comfortable running shoes and running attire.

Students **must have** a current physical on file, completed within the year, in order to participate.

My son/daughter _____ has my
(Student's Name)

permission to participate in the Murray Middle School Boys and Girls Cross Country Team and Running Club.

X _____ Date _____
Parent/guardian signature

Cell Phone and Contact
Numbers: _____

Please list any medical condition/s of your son or daughter that may be of concern:

Students must have a signed permission slip and a current Physical to participate.

Return signed permission slips to Mrs. Anderson in the front office.

For questions, please contact:
Brian McElhone at Brian.McElhone@stjohns.k12.fl.us