

Cross Country Pre-season Information

To: 4th – 11th Grade Students and Parents
From: Mr. Leone
Re: Pre-season Information
Date: Wednesday, May 18, 2011

Macon Road will once again be offering a cross country team in the fall. We will also be adding a 5th/6th grade cross country team for the fall. Students in the current 4th – 11th grade interested in running cross country can sign-up by the athletic office door (Berclair) or in the hallways at East campus

Try-outs/Practice

Try-outs will begin on Monday, August 1st from 8:30 a.m. – 10:30 a.m. at the East campus. If needed, cuts will be made on Friday, Aug. 5th. The cross country team will practice from Aug. 1st – August 12th (Mon. – Fri.) from 8:30 a.m. – 10:30 a.m. The regular practice schedule will begin the first week of school. The official practice schedule will be posted to the school's website at that time.

For students to be eligible for the first official practice in the fall, they must turn in the following items (students who do not turn in the following items will not be allowed to try-out until they do so). Note: All forms must be turned in the 1st Day of practice. Do NOT bring forms to the receptionist's desk or the athletic office before this time. Forms can be found on the school's website under the "Athletics" link.

1. Sports Physical Examination from a Doctor (Use TAACS forms on website!)
2. Sports Waiver
3. Information Sheet (information sheet may be picked up at the receptionist's desk – it must be notarized)
4. Fan Behavior Guideline Form
5. Playing Fee Voucher Waiver (found below)

Playing Fee and Uniform Costs

There will be a \$55.00 playing fee deducted from the student's voucher account on **Monday, August 8th**.

All players must wear a MRBS practice uniform during practice. Uniforms can be purchased by filling out a voucher account form and turning it in to the receptionist's desk. Shirts are \$8.00 and shorts are \$15.00. Long sleeve shirts will be available for \$11.00 and sweatshirts may be purchased for \$12.00.

Transportation

The athletic program would like to make it clear that all practices will be held at the East campus. Macon Road will provide transportation to all weekday practices and games from both campuses. Transportation back to the pick-up location will also be provided when convenient and possible.

Games

The game season will start the end of August and will end around mid-October. The season will average about one meet per week.

Athletic Eligibility

All athletes must be passing all subjects and maintain a C average overall. For example, an athlete can have all A's, but if she has one F she will not be eligible to cheer. Also, if a student is passing all classes but has 3 C's and 3 D's she will not be eligible to cheer because she is not maintaining a C average overall. These are the Tennessee Association of Christian Schools' (TACS) eligibility policies. **All grade averages are cumulative from the first day of each semester.**

Note: If a student is off for grades, she will still be required to attend practices and home games unless instructed differently by her coach. Ineligible players are not allowed to attend away games as players or spectators. Some times when an athlete is off for grades, she is required by the coach to sit in the bleachers during practice time and study. If an athlete is ineligible due to grades, she is still required to wear “game day” dress to school on game days since he is still part of the team. If the coach does not deem it necessary for an ineligible athlete to attend the game competition with the team, the athlete will not be allowed to attend the athletic function.

MRBS Athletic Parent Voucher Permission Form

I give permission for MRBS to deduct the appropriate playing fee for Cross Country on Monday, August 8th

-Cross Country Sports Fee (\$55.00)

Athlete's Name _____

Grade _____
(2011-12 School Year)

Parent's Signature _____

****Please bring this perforated portion to the first day of try-outs (Aug. 1st). Do NOT bring to the receptionist's desk before.**