

Holy Cross Academy Cross Country Running Team Grades 4-8

Coaches: Mrs. Maryjane Gallo and Miss Amy Evans

Starting: Thursday, September 9

Training runs are scheduled on **Tuesdays at Meadowridge Park, Fair Haven 4:00-5:00 P.M.**

Thursdays 4:00-5:00 P.M. at the "Bunkers" - Monmouth County Parks System's wooded trails located **off Portland Road in Highlands**. A hop skip and a jump from Henry Hudson High School. Runners will be led and "trailed" by the coaching staff.

Participant: _____ Grade: _____

Homeroom teacher: _____

Participant's name: _____ has my permission to participate in the Holy Cross X-Country Program.

Parent Signature required

(Parent name printed)

Parent/Guardian cell # required: _____

Emergency Contact:

(Name - please print; relationship to the participant)

****Note: Please submit this form upon completion to Mrs. Maryjane Gallo Grade 8 Room 202 by Tuesday, September 7***