

Lansing Area Catholic Jr. Cougar Middle School Track and Field

For all 6th, 7th and 8th grade students attending a Lansing area parochial school.

Informational Meeting via Zoom – March 24 at 7 pm – Zoom link:

<https://us02web.zoom.us/j/87423202582?pwd=VVoyeUIZT25ZbG1EUETjNU84L1d3dz09>

Practices starting on March 29, 2021

@ Lansing Catholic High School (LCHS) – Practice times 4 pm – 5:30 pm

Cost \$100 includes uniform/\$75 if you already have a uniform

Checks made out to: Lansing Catholic High School

For more information contact Coach Kyle Melinn at melinnky@gmail.com or (517) 285-3344 or LCHS Track Coach Tim Simpson LCCXC@aol.com or Lansing Catholic Middle School Cross Country Facebook page <https://www.facebook.com/groups/483185061694314/>

All participants **must** complete the following and return with payment to the coach at first practice:

Emergency contact information

Student's Name: _____ Grade: _____

IN EMERGENCY 1) _____ Phone # _____ 2) _____ Phone # _____

Email(s) _____

Family Doctor: _____ Phone: _____

Allergies: _____

Drug Reactions: _____

Current Medications: _____

Medical Conditions coach should know about _____

I, _____, an 18 year-old, or the parent or guardian of _____ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

GUARDIAN OR 18 YEAR-OLD DATE SIGNATURE OF PARENT OR

Check and complete one:

Student needs a uniform. (Men's S, M, L, XL and Women's XS, S, M, L, XL)
Shorts size _____ Singlet size _____


Student owns a uniform.

Check and complete one:

A current, completed copy of a physical card is on file at _____ School

A current, completed copy of a physical card is attached.

Order Your YEARBOOK



March 18, 2021

Dear Parents:

Our annual yearbook is nearing its publication deadline and it is time for pre-sales for those interested in purchasing one of the books. The majority of the pages are dedicated to junior high; however, each class will have one page in the book.

We have ordered a limited amount of books and there is no opportunity to reorder. If you are interested in purchasing one of the yearbooks, please complete the form below and return to school as soon as possible. Yearbooks will be sold on a first come, first serve basis. Yearbooks will be distributed the last week of school. Price per yearbook is \$22.00.

**Also, we still have yearbooks from last year. If you purchase this years book for \$22, you can get last years for \$15!!!

Name of Student

Teacher

Name of Student

Teacher

Name of Student

Teacher

_____ I am enclosing a check for \$22.00 per yearbook made payable to St. Gerard School. Please write Yearbook on the memo line. After May 1st, price increases to \$25.00

_____ I am enclosing a check for \$37.00 for one 2020 yearbook and one 2021 yearbook. Checks made payable to St. Gerard School. Please write Yearbook on the memo line.

ONLINE 2021 orders: <https://www.balfour.com/michigan/lansing/st-gerard-school>

Retain this bottom portion as a reminder you ordered your yearbook!

Date ordered: _____ Amount: _____ Check #: _____