

Mission Trail Middle School

Cross-Country

Registration Form 2024



Forms can be turned into the office or to one of the head coaches.

Boys can return the form to Boys Head Coach, Mr. Carlson (room 1324)

Girls can return the form to Girls Heads Coach, Mrs. Johnson (room 2123)

*The practices will be:

Monday, Tuesday, and Wednesday 3:20-4:25 (pick up should be no later than 4:35).

Thursday 3:20 to 4:40 (pick up should be no later than 4:50).

Required to participate: A **physical and a signed concussion release** needs to be on file with the school nurse by August 19th to be able to participate in Cross Country.

Physicals can be completed after MAY 1st, 2024, for the 2024-2025 school year.

*****Please submit these forms online. Located on Intouch.*****

Website to upload documents

<https://www.olatheschools.org/domain/2183>

Instructions for uploading documents.

<https://drive.google.com/file/d/1X1m3-lbnF2AK84aMBkrKIotC32YGE9F1/view?usp=sharing>

* No new runners will be allowed to join after the first week of practice.

*August 22 will be the last day to join XC.

*To participate in a meet, the athlete must complete 12 practices.

Cut and return the bottom portion of the permission slip (keep the rest for your information)

My child, _____, has permission to participate in Cross Country for Mission Trail Middle School.

➤ Parent / Guardian signature _____

Your child's grade _____

Boy/Girl

(Please circle)

How is your child getting home?

Walking or Pick-up

(Please circle)

PLEASE TURN IN THIS FORM TO THE OFFICE OR XC COACH. THE PHYSICAL AND CONCUSSION FORM NEED TO BE POSTED ON INTOUCH BEFORE AUGUST 19th TO BE ABLE TO PARTICPATE IN PRACTICE

KEEP THIS PAGE FOR YOUR INFORMATION

Mission Trail Cross Country 2023 Parent and Runner Information Sheet



Parent Meeting on ZOOM: August 20, 2024 (5:30 to 6:00 PM)

ZOOM LINK: <https://olatheschools.zoom.us/j/94380801951?pwd=Ua07ZqTa5HLRIFer7mbFHWXnT3zIbx.1>

Monday, August 19: XC Practice begins (meet in Auxiliary Gym with running shoes/clothes)

Meet Schedule

Date	Time	Teams/Location
Fri., September 6	3:45 PM	Away Summit trail vs MT, CT
Tues., September 10	3:45 PM	Away CST vs MT, PRT
Sat., September 14	TBA(5:00 PM?)	ON INVITATIONAL MEET (optional, no bus) @ ODAC
Wed., September 18	4:00 PM ?	7 th /8 th grade only BVSU Meet (NO 6 th grade practice)
Wed., September 24	3:45 PM	Home MT vs FT, PT, SFT
Mon., September 30	4:00 PM	CITY MEET 4:00 PM @ ODAC

Extra Information→

- 12 days of practice must be completed with the team for each athlete prior to first meet
- ***The practices will be:**
- **Monday, Tuesday, and Wednesday 3:20-4:25** (pick up should be no later than **4:35**).
- **Thursday 3:20 to 4:40** (pick up should be no later than **4:50**).

- Team Pictures- August 27th (Wear top and black shorts).
- Practice will follow pictures, pick up 4:25 PM.
 - Uniforms (running jerseys) will be handed out at practice the practice before team photos. All runners will need a pair of black shorts to wear with their jerseys for pictures and meets.

➤ PLEASE CHECK YOUR EMAIL THROUGHOUT THE SEASON FOR THE LATEST INFORMATION ABOUT CROSS COUNTRY.

➤ IN ADDITION, RUNNERS NEED TO LISTEN TO MORNING ANNOUNCEMENTS AND CHECK THEIR EMAILS FOR INFORMATION.



➤ **Spirit Wear for XC link** <https://mtxc24.itemorder.com/>

Sign up for helping at meets: (Snacks, water, tent setup/breakdown, home meet helpers) QR Code
<https://www.signugenius.com/go/20F084AA5A72FA02-49663287-mission>

Mr. Carlson (Boy's Head Coach) email→ jcarlsonmt@olatheschools.org

Mrs. Johnson (Girl's Head Coach) email→ hjohnsonmt@olatheschools.org

