

Cross Country Parents:

To prevent injuries and add variety to our sport, the Reagan administration has granted us permission to meet off campus for practice. Practices will be held at familiar locations including CG Hill Park, Tanglewood Park, Salem Lake, Bethabara, and Reynolda Gardens. These practices will usually begin at 4:15 pm and end at 6:00 pm. A schedule of practice locations will be published on our website well in advance.

Runners may drive or ride with their parents to any off-campus location, but ***your child will not be allowed to ride with another teammate or the parents of another teammate unless you sign this form and return it to one of the coaches.***

I, the undersigned, hereby give my permission for my son/daughter, _____, to ride to an off campus cross country practice as follows:

- My son/daughter may ride with another student
- My son/daughter may ride with another parent

Signed: _____