



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 16, 2022 at 7 pm – Zoom link:

<https://us02web.zoom.us/j/82139817260?pwd=V21FK05jc1pGWXJGMWdpTGtuSVFKdz09>

Practice times Monday - Thursday from 4 pm – 5:30 pm

First Practice will be March 21, 2022 @ Lansing Catholic High School (LCHS)

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.

SIGNATURE OF PARENT OR
GUARDIAN OR 18 YEAR-OLD DATE

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.