

# 2022 SDA Cross Country Parent Contact Information

*Please return no later than 8/19/22*

**Athlete's name:** \_\_\_\_\_

**Parents' names:** \_\_\_\_\_

***I, the parent of \_\_\_\_\_, give permission for my child to participate in Cross Country at San Dieguito Academy. I acknowledge that my child will abide by all rules and laws pertaining to traffic and pedestrians. Issued uniforms must be returned or replacement costs will be charged.***

**Parent signature** \_\_\_\_\_

## Parents Primary Contact Numbers:

Mom's Name and Cell Number \_\_\_\_\_

Dad's Name and Cell Number \_\_\_\_\_

Primary email addresses - Please Print Legibly. This is our way of communicating with you:

\_\_\_\_\_

Athlete's phone number: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Athlete's email address (Please Print Legibly) \_\_\_\_\_

## Volunteers Welcome!

**Yes! I want to help the Cross Country Team.** *(please check the appropriate lines)*

\_\_\_\_\_ Help with the Team BBQ at San Dieguito Park (Friday, Sept 9th)

\_\_\_\_\_ Help distribute uniforms to athletes (8/24/22, noon-4pm)

\_\_\_\_\_ Help check in uniforms from athletes (date TBD, after last meet)

\_\_\_\_\_ Help at the end of season team banquet (date TBD)

*Please return to Kelly Unruh (sda.xc.parent@gmail.com).*