

2023 SDA Cross Country Parent Contact Information

Please return no later than 8/18/23

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 address(es) - Please Print Legibly. This is our way of communicating with you:

Athlete's phone number: (H) _____ (C) _____

Athlete's email address (Please Print Legibly. Note we cannot email to their SDA email address)

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 (TBD - a Friday in September)

_____ Help distribute uniforms to athletes (Wed, 8/23, noon - 4pm)

_____ Help check in uniforms from athletes (date TBD, after last meet, week of 11/13)

_____ Help at the end of season team banquet (date TBD, week of 11/13)

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