

# MUNSTER

## Cross Country

Dear Interested Runner and Parent/Guardian,

We can't believe the school year is almost over! Because of this, we would like to start thinking about the Wilbur Wright Cross Country season for the 2015 - 2016 school year. We will start practices on the first day of school August 12, 2015. We will practice everyday from approximately 3 – 4:00 PM unless otherwise specified on a calendar your child will receive on the 12<sup>th</sup>. Prior to August 12<sup>th</sup>, it is important that you are running as much as possible. The more endurance you have, the better condition you will be in at the start of the season. Also, students must have a physical on file to participate in sports at W/WMS. Please have a completed physical handed into Mrs. Baker, our school nurse, by August 12<sup>th</sup>. **If you do not have a physical on file you will not be able to participate in practice or at meets.** In years past, the School Town of Munster's employee clinic runs specials on physicals for students enrolled in the Munster schools. As soon as that information becomes available, I will pass it along via email. Physicals for all incoming 6<sup>th</sup> graders are acceptable; you do not need a 2<sup>nd</sup> one. Please detach the form below and return to the front office by May 29<sup>th</sup> for any current 5<sup>th</sup> grader and if you are a current W/WMS student please return the form to Coach Gober (D5). If you are unable to returned the attach form by May 29<sup>th</sup>, and are still interested in running feel free to email me at [jgober@munster.us](mailto:jgober@munster.us). Thank – you and we look forward to seeing you August 12<sup>th</sup>.

Sincerely,  
Coach Gober and Coach Ridgley

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Runner's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent Email Address (one that is checked on a regular basis):  
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