



Registration for the Explorers 2019 Cross Country Season!

All 4th-8th year LCMCS students are invited to join Coach Peter Jensen for an exciting sixth year of the LCMCS Explorers Cross Country Team participation in the North Clackamas League within the Willamette River Conference. Together, students will experience running as a healthy lifestyle and gain skills important to the development of any young athlete.

When: Practices at LCMCS will start the first week back to school on Wednesday, September 4th and continue through Sunday, November 3rd, the date of the MS State Championship meet. **Practices will be Mondays, Wednesdays and Thursdays after school from 3:35 to 4:45 PM.** During the season, we usually participate in about 8-10 meets off campus. League meets, once they start, are on practice days starting at ~4:30. Invitationals are on the weekends. Our first two meets of the season are the Ash Creek invitational on Sat., Sept. 7th and the Oregon City Invite on Sat. Sept 14th. Races for both meets will be in the morning. Watch for possible special practices, group runs and/or meets in August.

Student Name: _____ Birthdate: _____

Age: _____ Classroom: _____

Mailing Address: _____

Cell/Home Phone: _____ Work: _____ Other: _____

Email: _____

Parent Names: _____

Emergency Contact: _____ Phone: _____

____ Parent pick-up @ 4:45 or @ Trails after practice
(pick-up after 5:00 pm will result in fees for Trails Aftercare)

____ No activities bus available this year. Carpools need to be arranged independently.

Name of individuals authorized to pickup student: _____

Additional important information:

- New athletes will need a Physical Exam and signed form prior to participating in practice.
- Physical exams are good for two years so returning athletes with an updated and current exam form from last year, on file with the school, do not need an exam this year.
- An E.P.C. (emergency info card) is also required by the North Clackamas League.
- Cost: \$120 (Partial need scholarships may be available: ask Peter for info)
- Questions? Email Peter at pjensen@lcmcs.org

Payment:

Check _____ Cash _____ Please make checks payable to LCMCS

Paypal _____ at lewisandclarkcharter.org click on the make a payment button then on miscellaneous fees.