

2024 RICHARDS MS
7th/8th GRADE
BOYS AND GIRLS CROSS COUNTRY
CLUB TEAM

All boys and girls interested in participating with the MS Cross Country Club Team, the program is scheduled to start on:

Monday, August 26th

Time: 3:00-4:30 pm

There is a Club Fee of \$100.00 that all participants are required to pay in order to participate on the team

Payment can be made at
Schoolpay.com

All students are to report to the MS cafeteria after school to check in on August 26th

After check in students will walk out to the stadium.
All students are to wear appropriate attire for running.

- Busing will be provide to all away meets
 - Practices are Monday-Friday
3:00-4:30 pm

For additional information, please email:

Varsity CC Coach: Kevin Storai

Email: krstorai@gmail.com

MS CC Coach: Emily Felstow

Email: emilyfelstow31@gmail.com

All students must hand in a completed **MHSAA Physical dated after April 15, 2024.**

<https://www.fraser.k12.mi.us/cms/lib/MI02212020/Centricity/Domain/81/Sports%20Physical%20Form.pdf>

All students must also go to arbiter sports and complete the on line student registration

<https://students.arbitersports.com/organizations/1430/programs>

If either of these forms are not completed, student will be withheld from participation until both forms have been submitted.

Shane Redshaw

Director of Athletics

Fraser Public Schools

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