

WAMS Vikings Cross Country

WAMS-AO is offering an opportunity to all incoming 6th, 7th and 8th graders to be a member of the fall cross country team. The cross country season runs from September thru early November. The team will meet three times per week for a combination of practices and meets. This program will include education on running technique, warming up, stretching, cooling down and training for the sport.

Schedule: Weekly schedules vary and will be posted on www.highschoolsports.net
Home games/practices are at Pleasant Valley Park. No transportation is provided by WAMS-AO. Parents are responsible for transporting their children to practices/games.

Coaches: Kevin Karch, Frank LoCascio and Ann Suter

Cost: WAMS-AO is a pay to participate athletic organization. Costs are related to the team's budget including uniforms, coach salary, official fees and league fees. Approximate cost is \$ 135.00. Financial options/assistance is available for those that qualify. Please contact WAMS Athletic Coordinator at wamsao@bernardsboe.com or 204-2610 ext. 310 for information. Applications will be confidential and can be found at www.williamanninpto.com. There will be no refunding of any participation fees.

What you need? All participants should wear proper running attire, including running shoes and bring a drink to each event. A wrist watch to time themselves in practices is recommended but not mandated.

Questions? Contact WAMS Athletic Coordinator at wamsao@bernardsboe.com

Registration: To register for the team please submit the following by August 1st. Forms can be found at www.williamanninpto.com under WAMS-AO Forms. All registration materials must be sealed in an envelope marked "WAMS-AO" and deposited in the WAMS-AO mailbox in the school's office. We anticipate accepting 80 students on a **first come, first serve basis**. Registration opens **June 13th**.
Forms may not be submitted prior to June 13th.

1. Player Profile Form
2. Athletic Pre-Participation Physical Form (Part A&B)
3. Health History Update (If you already have a current Physical Form on file with WAMS-AO and it will not expire before the first practice date, you may simply submit this form instead)
4. **Deposit of \$100** to secure a roster spot. (Payable to WAMS-AO)

You will receive an email notification if your child is medically cleared to participate. If you do not hear anything by Sept 1st, please email wamsao@bernardsboe.com to confirm receipt.

WAMS-AO Team Sportswear is now available for individual and team online ordering. Go to the WAMS-AO page on www.williamanninpto.com . Follow the link. Enter the promo code **BT445** on all orders for a WAMS-AO discount!

Please note: NJ State requires that any student intending to participate in an extracurricular activity have submitted a standard athletic physical form completed by the parent and examining physician. The exam had to have taken place within **365 days of the first practice/tryout**. A nurse and school-hired physician will then review the form. Faxed or photocopied forms are NOT acceptable. The examining physician must sign the form with an **original signature**—**no stamped signatures will be accepted. Forms will be returned for incompleteness.**