

BERNARDIN CARDINALS

Girls and Boys Cross Country

REGISTRATION

Registration will be conducted for the Bernardin Girls and Boys Cross Country team until Friday, June 15, 2018. Registration forms can be mailed or dropped off at the school offices during normal business hours. Any registrations received after June 15 will be put on a waiting list with no guarantee of team placement. A late fee of \$ 25.00 will be charged for all late registrants who are placed on teams. Team placement requests will not be honored as per the guidelines outlined in the Archdiocese Athletic Handbook and the CJB Athletic Handbook. Please carefully read all the information on this registration form. Keep the top portion of this form for reference about the parent meeting.

REQUIREMENTS:

- Open to girls and boys in grades 5-8 who are students of Cardinal Bernardin School.
- Athletes must be in good academic standing.
- **Athletes must make a serious commitment to the program once practices and meets begin. Players will not be allowed to miss practices or meets for other sports or activities. Do not register your daughter or son if you cannot make this commitment.**

Excessive or unexcused absences/ tardiness from practice or meets or a pattern of conduct that demonstrates an obvious lack of commitment to the CJB athletic team will reduce the opportunity of the participant to compete in the next meet or result in other consequences.

League/Season: Our 5th - 8th grade athletes will compete in IESA sponsored events. The meets will be played on various days depending on when they are scheduled. Most meets seemed to be scheduled Monday – Friday with an occasional meet on Saturdays. The season runs from the beginning of August until the end of October.

Practices: Practices should be starting sometime in the beginning of August. Practices will be conducted during the week after school on Mondays, Wednesdays and Fridays for. Practices will be 60 – 90 minutes. Unexcused absences from practices/games will not be permitted. *** **Please note that prior to school starting practices will be on Tuesdays and Thursdays from 9:00am -10:30am.**

Fees: The fee to play will be \$ 75 that includes the meet fees, running shirt and running shorts. **PLEASE TURN IN THIS COMPLETED FORM BY June 15th. PLEASE DO NOT SEND PAYMENT IN. Due to the Archdiocesan billing system your FACTS Incidental billing account will be billed. Payment is expected by July 2nd. Players will not be able to participate until payment is received.**

If a new running shirt and shorts are not needed, you may deduct \$20 from the above mentioned fee. No refunds will be issued after July 14th.

See additional information on reverse side of this page

REGISTRATION FORM

Name: _____ **Grade (Fall '18):** _____
Address: _____ **Town:** _____ **Zip:** _____
Phone: _____ **Age:** _____ **Date of birth:** _____
Father's Name: _____ **Mother's Name:** _____

Email: _____

New or Returning Player: _____ **Uniform Needed: Yes or No (order form on 2nd page)**

Interest in Coaching (head or assistant)?: _____

I authorize my daughter or son to participate in the CJB Cross Country program. I understand that this program is very competitive, not recreational, and will require her to regularly attend scheduled practices and games. I understand and accept the policy that unexcused absences and behavior issues could result in not being able to compete in meets. I understand and accept that late registrants have no guarantee of team placement.

Signature of parent/guardian

Date

Parent Meeting: There will be a MANDATORY parent meeting for ALL NEW Athletes on Monday, June 18, 2018. The meeting will be at 6:30 p.m. in the GYM. *** **ALL new athletes and at least one parent must be present at this meeting.** ALL athletes will not be permitted to practice with the team if they do not attend this meeting. An outline of the season along with personal information sheets, waivers, medical authorization forms and handbook guidelines will be handed out. Athletes will try on sample uniforms at this meeting. Policies regarding excused and unexcused absences will be discussed at this meeting.

Uniforms: The Running shirts and shorts will be the same style as last year. Samples of the uniform will be available on Monday, June 18, 2018 from 6:00pm until 6:30pm in the Parish Life Center (this is prior to the parent meeting for all players). Athletes can try on uniforms at this time. All athletes are encouraged to do so. If you are unable to attend the meeting, please contact the Athletic Director to arrange for a time to try on the uniforms. UNIFORMS WILL BE ORDERED ON July 13,2018.

Once the order has been placed, no changes will be made. Athletes, who wish to make changes to their uniform once ordered, will be referred to the supplier. Additional fees charged by the supplier will be the responsibility of the athlete and her family.

Physicals: All athletes must have a current physical on file with the school in order to participate in the Bernardin athletic programs. The Archdiocese requires that all athletes have a current physical on file authorizing them to participate in sports programs. The physical must cover the entire term of the sports season. Our fall sports program runs from August 1, 2018 until November 30, 2018. A current physical is one that is dated from December 1, 2017 to the present date. Physicals are due by August 1, 2018. Copies of the physical form should be turned into the School or the Athletic Department. **Athletes that do not have a current physical on file will not be allowed to participate in practices or meets.** If you need a physical form, please contact the athletic director.

Additional Requirements: All players will be required to show proof of Insurance.

Team placement: Everyone that registers will be on the team. The IESA guidelines for competing in meets are grades 5th – 8th. 4th graders will be allowed to practice and will be able to compete in non IESA related meets.

Coaching and Parent Help: Anyone interested in coaching please contact the Athletic Director. The phone number and email address is listed below. Also based on anticipated participation this year, parents are needed to help at practices with supervising the runners. If you can help, please indicate this to Bob Myjak, the Athletic Director.

Questions? Call the Athletic Director Bob Myjak at 708-403-6525, x 149. Email: rmyjak@cjbschool.org

UNIFORM ORDER FORM

Running shirt: Youth sizes: YS YM YL Adult sizes: AS AM AL AXL AXXL

Running shorts: YS YM YL AS AM AL AXL AXXL

Mailing address: Cardinal Bernardin School , 9250 West 167th Street, Orland Hills, IL 60477. ATTN: Bob Myjak. Office hours: Mon-Fri 8:00 a.m.-4:00 p.m.