



St. Martin's Lutheran School
312 East Broadway
Winona, MN 55987
507-452-6928
Fax: 507-452-8992

Dear Parents/Guardians and Student-Athlete,

July 2023

Welcome to Cross Country season!! Our theme this year is: "Making Disciples for Life". It is based on Matthew 28:19 which reads: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

COACHING. We welcome back Coach Joe Alexander who will be coaching the St. Martin's Cross Country team for an additional year. We are grateful for our coaches willingness to work with our student athletes to help them to excel to God's Glory!

PERMISSION/FEE. The permission slip is attached. Please turn in one permission slip per family. Please put all the names of those participating on one permission slip. The fee to participate in cross-country is **\$40** per athlete, **\$55** for two siblings, and **\$65** for three. This will help with cross-country meet registration fees and hosting our own meet. If other arrangements need to be made, please talk to the athletic director.

TRAVEL. All cross country runners are responsible for their own rides to practices & meets. Families are responsible for getting the student/athlete to and from practices and meets.

PHYSICALS are required which can be used throughout the entire Mustang Athletic season. You may get a form at the school office.

PICTURES will be taken before a future practice. Date and time will be determined once the schedule is finalized. Team and individual pictures will be taken. Order forms will be handed out that week, or can be found in the documents section of Sycamore and on our website (www.stmartinswinona.org under the documents tab, athletics). The soccer photos will also be taken at this time.

SCHEDULE is attached for practices and meets for the cross-country season. Please keep this sheet and the schedule for your records. The schedule may be updated. We will practice rain or shine!

CROSS-COUNTRY MEET. St. Martin's will host its 32nd Annual co-ed meet on Saturday, September 9th in East Lake Park in Winona. We will walk through the one mile course and explain the rules at 10:00 a.m. We will need help at this meet. Please let me know if you will help. Below is a tentative schedule:

5 th grade boys and girls	10:30
6 th grade boys and girls	10:50
7 th grade boys and girls	11:10
8 th grade boys and girls	11:30

CONCERNS, suggestions, and/or questions: please feel free to call St. Martin's (452-6928). We look forward to an awesome year! Thanks for your prayers in advance!

Training in Christ,
Mr. Chris Jacobson
St. Martin's Athletic Director

PERMISSION /COMMITMENT SLIP

In order for your child to be a member of the cross-country team and travel with the team, your signature is needed below.

I give my permission for (child's name) _____ to attend the cross-country practices and meets on the dates and at the approximate times listed on the attached sheet. I understand that all safety precautions will be taken for the protection of my child. He/she has assured me that his/her conduct will be a credit to him/her and the team. I will not hold the school, coaches, host or drivers liable in case of an accident, during transportation to practice or meets. We will be traveling by walking/jogging, private vehicles, van and/or school bus. Individuals providing private transportation must carry adequate insurance and provide one seat belt for each person. If any changes are made in this schedule, you will be notified at least one day in advance of the coming change. Please return this form and payment. Thanks.

Parent's/Guardian's signature

Date

STUDENT/ATHLETE COMMITMENT AGREEMENT

I understand that being a student/athlete of St. Martin's places upon me the following obligations:

1. I will complete all assignments to the best of my ability
2. I will do my very best to succeed according to the ability God had given me.
3. My personal conduct at school, in the community, and during the activity named above will reflect well upon St. Martin's Lutheran School.
4. I will speak well of the persons in charge of the activity named above, fellow students involved, and the school.
5. I commit myself 100% to the success of the team.

I understand that should I violate any of the above, I may be prohibited from participating.

Student/Athlete Signature

Date

Student/Athlete Signature

Date

Student/Athlete Signature

Date

Please complete & return with payment to the SCHOOL OFFICE by
MONDAY, AUGUST 21, 2023