

This is a copy of the active form that is on-line. Go to the Mountain Ridge website to print off forms and pay fees. The Cross Country "slider" is on the main page.

IMPORTANT

To be on the X-Country Team all students must provide a pre-participation form which includes parent consent and a doctor's physical examination.

Students must all pay a \$25 participation fee before they can compete. They can use Alpine One Stop or pay at the School Finance Window with Mrs. Gardiner.

UHSAA Preparticipation Form

Alpine One Stop (Pay Fees On-line)

- *Once on Alpine One Stop
- *Click on School Optional to expand
- *Select Cross Country Participation \$25

FALL 2018 CROSS COUNTRY AT MRJH



CROSS COUNTRY IS COMING TO THE RIDGE

We will have our first ever boys and girls Cross Country teams start practice Tuesday, August 28th. Any and all students who want to participate are invited to come and join the fun.

7th, 8th, and 9th graders are welcome.

**COACH SMITH AND COACH ANDERSEN
CAN ANSWER QUESTIONS YOU MAY
HAVE FOR THIS INAUGURAL SEASON.**