



CROSS COUNTRY 2023

Coach Ami (McClay)
amimccclay@gmail.com

Co-ed 5-8th
No Tryouts

Practices M-W-TH 5-6:15 p.m.

Meets TBA

 **NEW**

Athletes may join Cross Country IN ADDITION to either volleyball or soccer, as the times do not always conflict. However, commitment to the volleyball and soccer teams takes precedence in the case of a scheduling conflict.

What Do I Do?

1. Registration Packet (including Registration form, Waiver*, and Sports physical form) are posted on the QPCA website under "Student Life," then "Athletics." Be sure to read the Athletics Handbook!

2. Email Coach Wolf AND Coach Ami, and include athlete's name and grade, if your athlete would like to join.

3. Attend the Meeting to get more detailed information and to turn in forms.

*Coach Wolf can notarize the wavier for you at the meeting.

Parent/Athlete Meeting

Monday, Aug 14

6:00 pm

Perry Family Gym