



2017 Cross Country

Parent/Student Informational Meeting

Wednesday, May 17th - 5:00 PM – 6:00 PM
@ Rockvale Middle School – Room 805

2017 Tryouts

Friday, May 26th - 11:00 AM – 12:30 PM
@ Rockvale Middle School - Behind the Gym

Runners must have a completed athletic participation packet to tryout:

- TSSAA Physical Form (Dated after 4/15/17)
- Participation, Travel, & Medical Care Form
 - Concussion Form
 - Proof of Residence Form
- Sudden Cardiac Arrest Form
 - Parental Consent Form

*Runners must have proper athletic clothes, running shoes,
and a water bottle, for tryouts*

Head Coach - Hoffman - hoffmane@rcschools.net
Assistant Coach – Parker - parkerle@rcschools.net