

2020 Milwee Spartans CROSS-COUNTRY PRACTICE

September 14th (Monday)

After school **4:15pm-5:15pm**

Bring clothes & shoes to GYM and wait for instructions! Seminole Connect students come dressed and ready to run!

Athletes need:

- **Physical Form completed before first meet**
- **Release and Consent form**
- **Sports Addendum Form 895**
- **Athletics Emergency Card**
- **Sports Waiver and Release for Athletic Participation form**
- **COVID Waiver form**

Parent Information WebEx Meeting 9/14 @ 5:30pm

https://meetingsamer8.webex.com/meet/alain_melendez