

2019 CDM CROSS COUNTRY PARENT ORIENTATION

Summer Running Camp

July 8 - August 30

Monday - Friday

6:30 - 8:00 am

Information and Registration:

SeaKingRunning.com/Register

Athletic Clearance Packet

An Athletic Clearance is required for each athlete each year. Please schedule your physical appointment soon. The process must be completed before the first day of school. Begin by creating an account at: www.AthleticClearance.com

Register

Every athlete must be registered online. The school requires that coaches have up-to-date emergency contact information.

SeaKingRunning.com/Register
(coming in August)

Season Schedule

Please visit:

SeaKingRunning.com/Schedule

Meet Information

Meet information regarding bus schedule, entry fees and parking will be updated as information is received.

For the latest information, visit:

SeaKingRunning.com/News

Banquet

The banquet will be held in December at the Oasis Senior Center. Athletes and parents are invited. Tickets will be available for purchase in November on:

SeaKingRunning.com/Register

Volunteer

Many hands make light work. Volunteers are needed to set up and take down the tent, bring snacks and water to the meets, take pictures for the website, facebook and the banquet slideshow, set up and clean up at the Banquet.

Fundraising

The total budget for Cross Country comes from fundraising efforts. For the past 15 years, the school's budget for the program has been \$0.

100% of your tax-deductible donation is used to pay for **Uniforms, Entries to Invitationals, Equipment and Supplies.**

The request is that each team family do their best to provide for the success of their athlete and the team by participating in our fundraising for the season.

SeaKingRunning.com

Information found on the website:

[Register](#) | [Donate](#) | [News](#) | [Results](#) | [Photos](#)

WITHOUT your support, we would not be able to do what we do,
and WITH your support, WE ARE ABLE TO DO MORE.

TOGETHER WE'RE BETTER