



Hello North Star Families,

If your student is interested in coming out for Cross Country this fall, please complete the following registration steps:

- Complete your payment for participation in Cross Country - [Registration Payment](#)
- [Code of Conduct Agreement](#)
- [Participant Release & Waiver Form](#)
- [Emergency Contact Form](#)
- [Concussion Information Acknowledgement Form](#)
- [Transportation to Events Release \(Passengers\)](#)

ALL NEW OR 9TH & 11TH GRADE STUDENTS NEED TO HAVE CURRENT PHYSICALS ON FILE PRIOR TO PARTICIPATING IN A SCHOOL SPORT: [Please have your physician complete this form while completing your physical exam.](#)

Paper copies are also available in the front office

RETURNING 10TH & 12TH GRADE STUDENTS MUST COMPLETE THE STUDENT INTERIM QUESTIONNAIRE: [Student Interim Health Questionnaire](#)

Paper copies are also available in the front office

Please have these forms completed and submitted to either your coach or the front office prior to participating in practice or competition.

If you have any questions regarding Cross Country specifically, please reach out to your coach!

High School Coach: Pat Brown - pbrown@northstarcharter.org

Middle School Coach: Becky Severns - bseverns@northstarcharter.org

If you have any questions regarding the registration process, please feel free to reach out to myself!

We are going to have a great year and hope to see a lot of you out this season!