



## MIDDLE SCHOOL COED 2023-2024 Cross Country Student Sign Up

Head Coach: Mr. Noel Lingad, [noellingad@ccs-rams.org](mailto:noellingad@ccs-rams.org)  
Athletics Director: Mr. Noel Lingad, [noellingad@ccs-rams.org](mailto:noellingad@ccs-rams.org)

- COACHES** Mr. Noel Lingad & Mr. Michael Zhang
- DATES** MTuWTh from August 21st - October 28<sup>th</sup>
- TIMES** Practices: 3:45PM-5:15PM  
Games: 3:30PM-5:15PM
- PLACE** Practices & Home Games: Turf Field on CCS Campus
- INFO** Mr. Noel Lingad, Athletic Director  
510-522-0200, [Noellingad@ccs-rams.org](mailto:Noellingad@ccs-rams.org)
- FEES** \$230  
Please note that athletic fees will not be pro-rated for a season. **Athletics fees will be billed.** Students who are dismissed from the team or are on academic probation during their season will not have their fees refunded.

*\*CCS reserves the right to cancel a sport due to lack of interest or resources. CCS also reserves the right to change the start and end dates for any season of sport.*

---

### 2023-2024 Middle School Sports Program Coed Cross Country

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

My child would like to participate on the Middle School Boys Flag Football team. I understand that in order to participate, my child must first file with the school the Athlete/Parent Contract, Parent Consent Form, and Cut Policy Acknowledgement Form found in the Middle School Sports Handbook along with this Sign Up Form.

I have read and understood the above conditions and costs regarding this season of sport. I understand that once the season has started, I will *not* be reimbursed if I choose to withdraw my child or if my child is dismissed from the team.

Parents should pick up their child on time or their child will be placed in the Extended Care Program and be charged an additional fee.

- I give my child permission to ride with any CCS parent volunteer to and from any sport game.
- I do **not** give my child permission to ride with any CCS parent volunteer to and from any sport game.

Parent's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Parent's Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Prepared to Excel. Equipped to Serve.*