

EVANGEL FAMILY CHRISTIAN ACADEMY SAINTS

Cross Country Guidelines

UNIFORMS

1. The EFCA game uniform will be purchased by the athlete. It will consist of a running shirt, shorts, and compression shorts as well as a travel shirt. The cost is \$75. This uniform will be owned by the athlete.
2. The team may adopt their own style of warm ups to be worn to games. Please remember that clothing that is appropriate and honoring to Christ will be worn at all times.
3. Any clothing worn at practices must be God honoring and allow the student athlete the ability to play/practice without hindrance.
4. Compression shorts must be worn under the athlete's running shorts at all practices and races.
5. Lady athletes are expected to wear sport undergarments and straps should not be shown.
6. Athlete will provide their own running shoes.

I, the student and parent, have read the above statements and agree to the Rules listed above.

Read by Student and signed by Student: _____ Date: _____

Read by Parent and signed by Parent: _____ Date: _____

FEES

1. The registration fee is **\$125.00**. This fee includes race registration, gas money for travel expenses, miscellaneous expenses, coaches' honorarium, and a student athlete award.
2. Any student athlete who wishes to find business sponsorships to help with EFCA Athletic Department expenses is encouraged to do so. Payment should be made to EFCA for any sponsorship monies.
3. A \$75.00 deposit is due before the first scheduled practice . The remaining balance is due by the deadline set by the EFCA Athletic Department.

I, the student and parent, have read the above statements and agree to the Rules listed above.

Read by Student and signed by Student: _____ Date: _____

Read by Parent and signed by Parent: _____ Date: _____