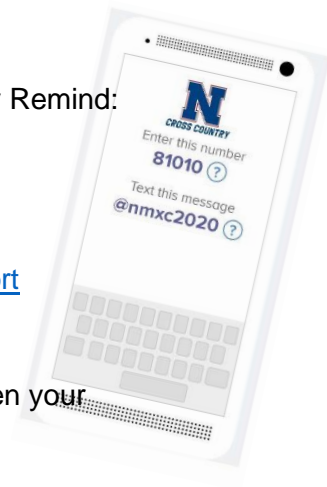




CROSS COUNTRY CHECKLIST



To stay informed of the latest communication Join the North Meck Cross Country Remind:
Text @NMXC2020 to 81010

PHYSICALS- You must have a current physical in order to participate.

**Physicals will ONLY be accepted on the [NC High School Athletic Association Sport Preparticipation Examination Form](#)

Your physical is good for ONE year... It is your responsibility to have and know when your physical expires.

If you have a current physical that is up to date, please bring it to workouts on the 1st day of “Cross Country” workouts.

Complete the [NCHSAA Initial Screening Questionnaire](#)

Link: <https://tinyurl.com/NCHSAAScreening>

TICKET TO PLAY MUST BE COMPLETE, North Meck 2020-2021 Ticket to Play

Registration: <https://tinyurl.com/ticket2play2021>

Please provide to the Coach Broome in hand (2) proofs of residency:

Column A: lease, mortgage statement {unless you belong to the IB, World Language, or CTE Program}

Column B (utility bill) {unless you belong to the IB, World Language, or CTE Program}

Proofs of Residency:

Must present 1 document from both Column A and Column B:

Column A	Column B
<ul style="list-style-type: none"> • Copy of Deed OR record of most recent mortgage statement • Copy of full Lease (including Charlotte Housing Authority and HUD leases) and proof of most recent payment if the lease is outdated or month-to-month • HUD closing statement • Residency Affidavit from landlord affirming tenancy AND record of most recent rent payment, if applicable • Section 8 agreement • Letter from approved agency (group & foster home purposes only) 	<p>A utility bill or work order dated within the past 30 days, including:</p> <ul style="list-style-type: none"> • Gas bill • Water bill • Electric bill • Telephone bill • Cable bill <p>-OR-</p> <p>Dated within the past 60 days:</p> <ul style="list-style-type: none"> • Payroll stub • Bank or credit card statement <p>-OR-</p> <p>Dated within the past year:</p> <ul style="list-style-type: none"> • W-2 form • Vehicle tax bill • Property tax bill • Medicaid Card

These documents are for address verification and must all reflect the address provided for residency eligibility.



When the School year begins:

XC WORKOUTS- We work out every Monday- Friday, unless notified.

- Please join the remind: Text @NMXC2020 to 81010
- Practice Times: 2:30 PM- 4:30 PM
- You should wear athletic gear, Tennis shoes & bring spikes to complete speed and agility drills on the practice fields. NO JEANS, FLIP FLOPS OR SLIDES on these days.



ONCE YOU HAVE MADE THE TEAM:

- You must PAY for participation (link is below) or provide a waiver (free and reduced lunch from Child Nutrition Services) to Coach Broome. You will not be able to participate in a game if you have not satisfied the pay for participation or free and reduced lunch waiver form within 24 hours of a scheduled meet.

https://cmsathleticzone.sportngin.com/register/form/234821860?_ga=2.140369527.595660655.1566731335-1067144382.1566731334