

# NORTH HAVEN MIDDLE SCHOOL

55 Bailey Road, North Haven, CT 06473

## Cross Country Information

Dear Students:

Thank you for your interest in participating in the NHMS Cross Country program. The season begins the first week of September. Before you can join the team, you must be cleared by the school nurse by registering online at:

[www.familyid.com](http://www.familyid.com)

- Your parent or guardian must go online at familyid.com and register you for NHMS Fall Cross Country (girls and boys).
- A physical needs to be downloaded into this registration, or you can bring the school nurse a copy. Physicals must be done every year in order to be eligible for any school sport in grades 6-12.
- The registration contains seven places for the parent/guardian **and the student** to sign (electronically). It will not be complete without these signatures.
- Please register early in order to allow the nurse sufficient time to process the registrations. Late submissions will result in a delay of eligibility.
- If you are trying out for more than one sport, for example, Soccer and Cross Country, a separate registration is needed for both sports. Note: You can only play on one school team per season.
- **It is strongly suggested that you check with the nurse the week prior to the beginning of the season to be sure that you are cleared!**
- For any questions relating to your registration, please see Mrs. Sauerbrunn RN, or your parent can call (203-239-1683) or email: Sauerbrunn.annette@northhavenschools.org.