



Helpful Checklist for PHS Cross Country

Please visit our website by going to Portland HS website → Athletics → Cross Country or go to it directly at www.portlandhsc.com.

Get document from:	Return document to:
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Document	School Office	Coach	PHS CC Website	Return to Coach	Return to HS or Athletic Office
Emergency Card		X	X	X	
MHSAA Physical Form	X	X	X		X
Athletic Code	X	X	X		X
Concussion Code	X	X	X		X
Participation Fee of \$125					X
Scholarship Application for Participation Fee (optional)	X	X	X		X
Clothing Order		X	X	X	
Travel Release	X	X	X	X	X
Practice and Meet Schedules		X	X		
Picture Form		X	X	X	

CONTACT INFORMATION
PORTLAND HIGH SCHOOL CROSS COUNTRY

Student's Name: _____ Grade: _____

Parent or Guardian's name: _____

Address: _____

Home phone: _____

Student's Cell phone: _____

Parent's Cell phone: _____

E-Mail address: _____

Alternate Emergency Contact: _____

Phone: _____

Miscellaneous Information: (such as medical conditions, allergies, medications)

Hobbies/Interests:

