



**Luiseno Middle School
Cross Country Intramurals
Schedule and Permission Slip**

Coordinator – Ms. Gunn

Coaches – Ms. Gunn, Miss Popov, Miss Ayala, Miss Lin

All practices will be 2:15-3:15pm. Teams will meet at lunch tables outside of gym.
Students should bring appropriate clothes, running/athletic shoes, and water.

***Participants can be dismissed from team for any of the following: inappropriate behavior, failing grades, poor attendance to practice and other items that may impact the educational environment.**

This permission slip is to try out for the soccer teams and for the practice dates listed below. Students will be given a permission slip for the actual intramural meet when they have made the team. Also, be aware that some practices may include being off campus at the park or the area surrounding the school under the supervision of their coaches.

Tryouts: 11/10, 11/13

Practice Schedule: 11/17, 11/19, 11/20, 12/1, 12/3, 12/4, 12/8, 12/10

*****Athletes will also be training on Wednesdays in PE please help remind them to be prepared for this*****

**This form MUST be turned into Ms. Gunn (room 24) by
November 10th to tryout. NO LATE FORMS ACCEPTED!**

The signatures below indicate that the student athlete and his/her parent/guardian agree to all the above information and that the student has permission try out for the team as well as participate in the intramural soccer practices.

Parent/Guardian Name (Printed): _____

Signature: _____ **Date:** _____

Phone number where you can be reached if needed: _____

Athlete's Name (Printed): _____ **Student ID** _____

Signature: _____ **Date:** _____

Cross Country Meet @ Lakeside High Friday, December 12, 2025