

Ridgedale Middle School's **INTRAMURAL BOWLING TEAM** INFORMATION FORM

**BE AWARE: ENROLLMENT IS LIMITED and fills up quickly!!**

**HOW to JOIN & HOLD A SPOT:**

1. GO to the RMS website select "Athletics".
2. **REGISTRATION for Bowling is online** at the RMS website.
3. Print and fill out **COACH PACKET**.
4. Pay **\$84 FEE**. Cash or check payable to "RMS". This is non-refundable.

Submit #3 -4 to Mrs. Kentner or Mrs. Cantwell (Coaches) or Mr. Berland (Athletic Director).

**HOW to KEEP YOUR SPOT:**

5. **MEDICAL FORMS are DUE no later than 12/13/19.**

- A. SPORT PHYSICAL: "PreParticipation Physical Evaluation" form (your doctor completes)
- B. "HEALTH HISTORY UPDATE" form (your parent/guardian completes)

**WHEN:** Eight *WEDNESDAYS*, See below Schedule

**WHERE:** Our school buses will take us to *HANOVER LANES*, East Hanover, NJ  
And then deliver us back to school for parent pickup.

**TIME:** 2:45PM we leave RMS. Parents pick up your child at RMS at 4:45pm

**COST:** \$84 Fee per student; includes 2 games & shoes. Cash or check payable to "RMS"

**NOTE:**

1. Students will be bused to and from the bowling alley, returning back to RMS. Parents are responsible for their child's safe return home from school; please plan accordingly. **If a parent is picking up their child at the school, they should arrive promptly by 4:45pm. If students are allowed to walk home or to the library email advisors or send a note in.**
2. Parent may want to send their children with an additional small amount of money to buy a snack from the vending machines or food sold on premises. The school advisors cannot be responsible for reading ingredients or determining what foods children with allergies are safe to consume.
3. Parents of children with special medical needs should contact the school nurse at least 2 weeks in advance to plan for any necessary accommodations. Students with inhalers, life threatening allergies or diabetes must have either have their prescribed rescue medications in their possession (if self-administration permission is on file), or supply the coaches with a duplicate supply.

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**RMS BOWLING 2019-20 SCHEDULE**

JANUARYFEBRUARYMARCH

Wed. Jan. 8, 2020	Wed. Feb. 19, 2020	Wed. March 4, 2020
Wed. Jan. 15, 2020	Wed. Feb. 26, 2020	Wed. March 11, 2020
Wed. Jan. 22, 2020		
Wed. Jan. 29, 2020		

**If necessary any "Make-up Days" will be rescheduled Wed. March 18, 2020**