

Dear Parent or Guardian,

We are very excited to announce the trip we are taking to Ocean City, New Jersey on Friday 8/16. The kids will have the opportunity to enjoy a day at a guarded beach with the option to enjoy the boardwalk as well as a chance to train on the Ocean City High School cross country course. We have 3 coaches supervising the trip, and we look forward to keeping this an annual tradition for the UDXC program.

We will need you to fill out the permission slip below. Please contact me with any questions or concerns. I attached the full itinerary. Thank you for your support!

With happiness,

Coach Ezzie

OCEAN CITY BEACH TRIP - FRIDAY 8/16

7:45 AM- Meet outside the gym entrance

8:00AM - Bus leaves for OCNJ

9:30 - 10:30 AM - Training run on the boardwalk

11:00 AM-5:00 PM - Beach and Boardwalk

6:00 PM SHARP - Depart for home

CONTACT: *Coach Ezzie's cell: (484)431-9847 or e-mail: mme724@gmail.com

*** Coach T cell: (570) 470-7979**

CHECKLIST:

- o Snacks, Gatorade, Water
- o Bathing suit and 2 towels
- o Change of clothes
- o Running clothes (wear something with Upper Darby for time trial)
- o Need Money for the following:
 - a. Daily Beach Pass = \$5 (need this to get on and off of the beach for the day)
 - b. Lunch = \$10 (Or, you can pack your lunch)
 - c. Dinner = \$10
 - o Extra Money for possible activities:
 - a. Amusements = \$1 per ticket (better rides are 5-6 tickets); \$20 for 20 tickets; \$32 for 45 tickets
 - b. Bikes/Surreys = 1hour from 11AM to 12pm on boardwalk (bikes= \$8; 3person surrey \$20; 6 person \$35)
 - c. Mini Golf = \$7-\$10
 - d. Shopping

Bring \$5 for bus driver/parking

-----Return Bottom Portion -----

I give _____ permission to travel with the team and compete at the Ocean City NJ Time Trial and attend a day at the beach/boardwalk.

Parent Signature

Date