



## Junior Crusaders Cross Country Registration

We are excited to start our fifth season of Junior Crusaders Cross Country! This program is for any Kindergarten through 5<sup>th</sup> Grader who loves to run and have fun. Kids will learn to have endurance running as well as in everyday life. No experience is required, all we ask is that you come willing to run.

### **Everything you need to know:**

WHEN? We will be practicing Tuesdays after school from 3:15 to 4:00. The first practice of the season will be September 25<sup>th</sup> and will end November 13<sup>th</sup>.

Our Races will be:

Wed., Oct. 3<sup>rd</sup>: Participate in NCS High School Pre-race

Sun., Oct. 28<sup>th</sup>: Sparky's Run 1.15 miles 3:30pm at 47<sup>th</sup> Ave and Thunderbird

**\*\*There will be no meeting on Oct. 9<sup>th</sup> over Fall Break.\*\***

WHERE? Practice location will vary from practice to practice, but they are always on campus and the location will be sent out via email and Remind 101 text message at least three days in advance. \*\* Text this message: @jrcross Enter this number: 81010

WHO RUNS PRACTICES? The team is coached by Mrs. Burlison as well as members of the high school cross country team. They will learn skills like hydration and how to become a disciplined runner.

WHAT DOES PRACTICE LOOK LIKE? Practices include stretches, running games, and a team devotion where they will learn about the theme verse for our team, 1 Timothy 6:11b.

HOW DO I SIGN UP? The cost of the program is only \$80 and it covers all races and shirts. You can sign up by turning in this form as well as \$80 (cash or checks payable to Northwest Christian School) attached by SEPT. 24<sup>th</sup> at 3:00pm. We would love to have you join us!

Student First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

T-shirt size: Youth S Youth M Youth L Youth XL Adult S Adult M Adult L

**\*\*\*\*\*Please turn over and complete the registration form on the back side**

Please all that apply:

Please pick up my child and take them to practice       I will bring my child to practice  
 I will pick up my child when practice is over       My child will go to extended care

Parent name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact if Unable to reach parent:

Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

### **Permission to Play**

I release NCS/agents from any liability for injury resulting from participation in practices or races. I agree to abide by and uphold NCS rules, policies and procedures, to respect the decisions of coaches and officials made in the course of performing their duties and to assume full responsibility that the child I am registering and all of our family members and guests do the same. I acknowledge that if I fail to do so, the child I am registering fails to do so, or any of our family members and guests fail to do so, I, the child and/or, any of our family members or guests may be removed and barred from any and all Junior Crusaders Cross Country practices and events, that the child I am registering may be removed from the Cross Country program, I understand that I may review a current copy of all applicable rules, policies and procedures any weekday during NCS regular working hours at its business location.

### **Authorizations**

I hereby assign and grant NCS the right and permission to use and publish the photographs/film/videotapes/electronic representations and or sound recordings made of me or my child during all NCS activities for promotional purposes and hereby release NCS from any and all liability from such use and publication.

I certify that I agree with the above statements and that all of the information that I have given is true.

X \_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date