



## **Junior Crusaders Cross Country Registration**

We are excited to start our third season of Junior Crusader cross country! This program is for any K to 5<sup>th</sup> grade student interested in being part of a Crusader team, learning about discipline and commitment, and having a ton of fun. Elementary-aged students 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 Thursdays after school from 3:15 to 4:00pm. The first practice of the season will be October 6 and the season will end November 17. (October 6 is a half-day and practice on that day will run from 11:15am to noon.)

#### ***Though more information will follow, our schedule of 'races' will include:***

September 23rd: "3K Race for 3K Meals" (half-time of home football game against Yuma Catholic, a High School XC team fundraiser for Feed My Starving Children; this race actually takes place before our season begins but is included in the price of participation!)

October 22nd: Maricopa Mud Run

November 10th: On-campus fun run (timed mile during practice)

November 19th: IRONKIDS Fun Run

#### ***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.

#### ***WHO RUNS PRACTICES?***

The team is coached by Mrs. Irwin as well as members of the high school cross country team. There will be speakers throughout the season to help teach the kids 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 \$75 and it covers all races and shirts as well as a team water bottle. You can sign up by turning in this form as well as \$75 (cash or checks payable to Northwest Christian School) attached by 9/19 at 5:30pm. We would love to have you join us!

**Junior Crusaders Cross Country Registration**

Player First Name: \_\_\_\_\_ Player Last Name: \_\_\_\_\_

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

***Please all that apply:***

***Before practice...***

Please pick up my child and take them to practice       I will bring my child to practice

***After practice...***

I will will pick up my child when practice is over       My child will go to extended care

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

Email for weekly updates: \_\_\_\_\_

Emergency Contact if Unable to reach a parent:

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

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

**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 or Guardian Signature)