



## Grace Episcopal Day School 2021 Run Club Registration

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Parent #1 Name \_\_\_\_\_ Parent #1 Cell Phone \_\_\_\_\_

Parent #1 Email \_\_\_\_\_

Parent #2 Name \_\_\_\_\_ Parent #2 Cell Phone \_\_\_\_\_

Parent #2 Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Cell Phone \_\_\_\_\_

- Run Club is \$30 per child, unless your child is already registered for Morning Extended Day. Run Club will be billed to your FACTS account as an incidental charge.
- Run Club is open to any 1st-8<sup>th</sup> grade Grace student.
- Run Club will meet Tuesday and Thursday mornings from 7:30 – 8:00, beginning January 7<sup>th</sup> and go through the end of February.

Students don't have to arrive right at 7:30 to participate. Just come run with us when you can! It's a great way to get a little energy out before the school day begins, and a great way to train for the Superhero Run in February. Children can run or walk at their own pace (but must maintain forward motion!)

Some friendly reminders:

- Students should wear comfortable athletic shoes.
- Students can either run in uniform or wear other clothes and change after running.
- Middle schoolers might want to bring freshening-up supplies!
- Please make sure students eat a light breakfast beforehand and bring a water bottle.

### **PARENTAL WAIVER AND CONSENT FORM FOR SPORTS:**

As the parent or legal guardian of the child named below, I hereby give my full consent and approval for my child to participate as a team member in the sport designated below.

I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is fully capable of participating in the designated sport and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities.

In addition to giving my full consent for my child's participation, I do hereby waive, release, and hold harmless Grace Episcopal Day School, its officers, coaches, sponsors, supervisors and representatives for any injury that may be suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_