

St. Anne CYO Cross Country

For all parish and school kids in grades K-8 who love to run!

Practices: **Grades K - 8:**
Saturday Sept 11 and 18 @ 3:00 to 4:30 - Upper Woodland Park
Mondays @ 3:30 to 5:00, starting Sept 13 – Track, Queen Anne Bowl
Grades 2 - 8* (additional long run opportunity):
Thursdays @ 5:00 to 6:15, starting Sept 9 – Various Locations, TBD
Team potluck - Saturday Sept 18 @ 4:30 to 5:30 – Upper Woodland Park
Team celebration - Friday Oct 22 @ 3:00 to 4:30 – Banchemo Hall

*Practices happen rain or shine.
Runners should try to make it to at least 1 practice per week.
Parents are encouraged to run with us at practices.*

Meets: **K-8 Prelims - Sun Sept 26 and Oct 3 @ 1:00 or 3:00 tbd**, be there ½ hr early.
(tentative) **K-3 Finals - Sun Oct 10 @ 1:00**, be there at 12:30.
4-8 Championships & Team Awards - Sun Oct 17 @ 1:00, be there at 12:30.
All meets are at Upper Woodland Park, rain or shine
*Runners **must** run in at least 1 prelim meet to run in the final/championship meet.*

Distances: ½ mile – grades K-3
1 mile – grades 4-5
1 ½ mile – grades 6-7
2 miles – grade 8

Gear Needed: Running shoes with good support
Water bottle with name
Weather related gear
St. Anne XC shirt in dark green (for the meets)

Our Goals: Have Fun!
Get Fit...Great Conditioning for Other Sports!
Achieve a Personal Goal.
Show Our Team Spirit.

Cost: * \$20 per child, includes CYO registration fee, after race snack, occasional treats
* \$10 per shirt, for meets and the family cheering section (order only if you don't have one or it doesn't fit)
* *Families needing financial assistance please contact the coach.*

Coaches: Danielle & Chuck Purnell, 784-8790, 4psinapod@comcast.net
Website: <http://stannecrosscountry.blogspot.com>

Return the bottom of this flier, a check payable to "St Anne Parish", and the attached consent form & code of conduct agreement to the school or parish office by: FRIDAY JUNE 11, 2010

Name of Runner(s): _____
Grade of Runner(s) in Sept: _____
Family Email: _____
Shirt Sizes (#): Child: ___ Small (6-8) ___ Med (10-12) ___ Large (14-16)
Adult: ___ Small ___ Med ___ Large ___ X-L _____ Other

___ **I want to coach, please call me.**
I will volunteer to help out at meets by:
___ setting up or monitoring the course (St. Anne's is required to provide 2 volunteers per meet)
___ organize our team/parent cheering section
___ help coaches manage runners at the start and finish of the course
___ **I do not** grant permission for photos to be taken of my child and posted on the parish/school website.

**St. Anne Parish CYO Sports
Consent Form for Cross Country
FEE: \$20.00**

Welcome to St. Anne Parish's CYO Sports Program. We hope your child will find the experience rewarding and will develop skills and friendships to last a lifetime.

Player's Name _____ Male _____ Female _____

Birth date _____ Grade _____

Address _____

School _____

Phone _____

Parent/Legal Guardian Name _____

Address _____

Phone _____ Work Phone _____ ext. _____

Cell Phone/Page _____

(Please include both parents' addresses/phones if different)

Alternate Emergency Contact _____

Address _____

Phone _____

SPECIAL MEDICAL CONDITIONS _____

Physician _____

Phone _____ Insurance Carrier: _____

Group/Policy Number: _____

I hereby consent to participation by my child in the (***) Program. I understand that this event may take place away from the Parish grounds and that my child will be under the supervision of the CYO coaches/volunteers during the activity. I acknowledge that CYO coaches or representatives are not responsible for transportation. I fully recognize and understand that sports and recreation activities involve an element of risk of bodily injury. I will assume and accept those risks and hazards, which are incidental to such participation. My child has no special physical/medical conditions, except as listed above, and is fit for strenuous physical activity. In consideration for the opportunity for my child

to participate, should such risk or hazard cause illness or injury to my child I do hereby release, absolved, and agree to hold harmless the Corporation of the Catholic Archbishop of Seattle, St. Anne Parish, its school, its organizers, coaches, volunteers, sponsors, and those individuals transporting my child to and from the activity. Should such entities be guilty of gross negligence leading to serious illness, injury, or death of my child, it is recognized that I have the right to pursue legal redress. However, third parties (such as the place where the activity occurs) will be responsible for their own negligence and liability.

I hereby authorize medical/dental care and treatment for my child, as necessary, while under the supervision of the CYO sports program representatives.

I will return all equipment and team uniforms at the end of the season in good condition.

Parent/Guardian

Signature _____ Date _____

**Archdiocese of Seattle
Catholic Youth Organization
Players, Coaches, and Parents Agreement**

The Catholic Youth Organization (CYO) is a program that, through the vehicle of sports, aids youth to become better Christians and to collaborate with other athletes throughout the Archdiocese. The Code of Conduct serves as a behavioral guideline for all players, coaches, and parents to follow.

As an individual:

- I will try to develop my skills to the best of my ability and to give my best effort in competition.
- I will compete within the rules of my sport.
- I will respect the dignity of every human being, and will not be abusive or dehumanizing of another individual.

As a member of a team:

- I will place team goals ahead of personal goals.
- I will work to develop positive relationships with all my teammates.
- I will follow the team rules established by the coach.

As a member of society:

- I will display caring and honorable behavior off the field and be a positive influence in my community.

Violations of this Code of Conduct will be dealt with by the CYO Athletic Director, the appropriate sport commission, and the Athletic Advisory Board.

Remember (all spectators):

- That the players are children and are playing for their enjoyment, not yours.
- To remain seated in the spectator area during all contests.
- To respect decisions made by game/contest officials.
- Be a positive role model by supporting teams with words of encouragement.
- Make no derogatory comments or gestures to players, coaches, or fans of your own team or the other team.

Remember that the adults set the example for the behavior of their team's fans. If you see negative behavior, please try to appeal to their conscience at the appropriate time.

I have read this agreement and agree to follow its guidelines so that everyone participating in CYO Athletics will have a positive experience in all activities.

Signature of player

Signature of parent or legal guardian

Print Player Name: _____

Grade _____