

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 10 and 17 @ 3:00 to 4:30 - Upper Woodland Park
Mondays @ 3:30 to 5:00, starting Sept 12 - Track, Queen Anne Bowl
Grades 3 - 8* (additional long run opportunity):
Thursdays @ 5:00 to 6:15, starting Sept 8 - Various Locations (see blog)
Team celebration - Friday Oct 21 @ 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 strongly encouraged to run with us at practices!

Meets: K-8 Prelims - **Sun Sept 25 and Oct 2 @ 1:00 or 3:00 tbd**, be there ½ hr early.
(tentative) K-3 Finals - **Sun Oct 9 @ 1:00**, be there at 12:30.
4-8 Championships & Team Awards - **Sun Oct 16 @ 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 3, 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 _____