

Shady Hills Harriers Running Club

1st Session: November & December

Winter Break

2nd Session: January & February

Open to All Students, Parents and Faculty

Tuesdays & Thursdays: 3:10 pm to 4:00 pm. Pickup is at 4:00 pm.

Program Fee: There will be a one time \$11 fee for each prospective member, to be submitted with the attached registration and waiver. Make checks payable to Shady Hills Elementary School (SHES) and add "Running Club" on the memo section of your check. Also, please include your name, address, telephone numbers, email address, and the student's ID number.

Each member will receive a *Shady Hills Harriers* T-Shirt.

Objective: To assist in developing proper running form and techniques, training methods, realizing the health benefits of running, with an emphasis on a healthy lifestyle, while under the supervision of a running coach.

Complete the form below:

Name: _____ **ID #** _____ (if applicable)

Address: _____ **City:** _____

State: _____ **Zip Code:** _____ **Age:** _____ **Grade:** _____

Home phone: _____ **Cell phone:** _____

Email Address _____ **Gender:** M F

T-Shirt size (Youth): YS YM YL (circle one)

T-Shirt size (Adult): S M L XL XXL (circle one)

Please read carefully and sign:

In the event of a medical emergency, I grant the SHES Running Club coaches permission to have my child medically treated and transported to the nearest hospital if deemed medically necessary. I understand that I will be solely responsible for this expense. I also understand that I will not hold any SHES staff member or volunteer responsible or liable. Additionally, all SHES rules, including conduct, pertain to the Running Club after school program.

Parent Signature: _____

Date: _____

By signing this form I also understand that I am responsible for picking up my child up at 4:00 pm each day he or she participates. I am also responsible for my child's conduct during practice or at a scheduled event. Failure to follow these requirements will result in the dismissal from the Club.