

CYA XC



The Catoclin Youth Association Cross Country program will be offering the youth of northern Frederick County (including Thurmont, Emmitsburg, Sabillasville and Woodsboro) an organized cross country program beginning August 22 and running through the fall. The main purpose of the program is to expose youth (girls and boys) to the sport of cross country and distance running and is open to all kids between the age of 7 and 17.

Practices will be held 2 times per week mainly on Tuesdays and Thursdays at Woodsboro Recreational Park between 6:00-7:15 p.m. Kids will have the chance to compete in several local youth XC meets primarily held on Sunday afternoons, and also offers opportunities to participate in other state and regional meets as well. Online registration is currently available at www.cyatrackandfield.com. Our first meeting/orientation will be at our first practice on August 22.

First practice is a Tuesday.

- Registration fee is \$60. Fees include uniform and will be collected at our first practice.
- Participants must wear proper running shoes.
- Parents/guardians must be responsible for healthcare coverage for their children.
- Participants are responsible for any race entry fees they enter.
- Proper behavior and effort is a requirement of each participant
- If you're unable to register online, please print out this form, fill it out and bring it to our first practice.
- Prepare to have FUN!

Name: _____ DOB __/__/__ Age ____

Address _____ Phone _____

City _____ State _____ Zip _____ School/Gr _____

Parents Name: _____

Phone: _____ e-mail: _____

I give permission for _____ to take part in the Catoclin Youth Association (CYA) Cross Country program. By signing below I confirm my child is covered by a health insurance policy and is in the physical condition needed to take part in a distance running program. I understand participation in this sport constitutes a risk to my child. I voluntarily and knowingly recognize, accept, and assume this risk and release CYA, its organizers, coaches, and volunteers from any liability therefore.

Call 240 422-7996 (John Steiner) for more information

_____ Parent/Guardian _____ Date