

Frederick Athletic Academy

Cross Country

The Frederick Athletic Academy Youth Running Program coached by Mark Lawrence (President of the Frederick Steeplechasers Running Club and ChiRunning Instructor) is offering an organized cross country program for the fall of 2011. The main purpose of the program is to expose students (girls and boys) to the sport of cross country and distance running and is open to any 2nd through 8th grade students in the Frederick Area (7-14 yo)

Practices will be held 2-3 times per week (mainly on Tuesdays and Thursdays) in the Bandshell area of Baker Park 5:30-6:30pm. Kids will have the chance to compete in several local kids XC meets primarily held on Sunday afternoons, and also offers opportunities to participate in several other local running events as well. Meeting/registration night will be Thursday, September 1st at 5:30 at the Talley Rec. Center. Late registration will be accepted during the first two weeks of practice. First practice is a Tuesday, September 5th.

- There will be a \$50 (\$40 for FSRC members) registration fee charged (payable to Mark Lawrence) due with application or by the beginning of the season.
- Participants must wear proper running shoes. Jerseys for meets will be provided.
- Parents/guardians must be responsible for healthcare coverage for their children.
- Participants are responsible for any race entry fees they enter as well as running shorts
- Proper behavior and effort is a requirement of each participant

Name: _____ DOB __/__/__ Age ____

Address _____ Phone _____

City _____ State _____ Zip _____ School/Gr _____

Parents Name: _____

Phone: _____ e-mail: _____

I give permission for _____ to take part in the FAA 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 the FSRC and the FAA its organizers, coaches, and volunteers from any liability therefore.

_____ Date _____

Call 240 285-4703 (Mark Lawrence) for more information

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