



## **COME JOIN THE K-5 RUNNING CLUB**

**FRIDAY MORNINGS AT 7:20AM**

**STARTING: OCTOBER 19<sup>TH</sup>  
RAIN OR SHINE**

**THIS YEAR'S COACHES:  
CHRISTINE • DEBBIE • JARED • THAYER**

**WHAT A GREAT WAY TO START THE DAY!**

**-- NO EXPERIENCE NEEDED --**

**WE LOOK FORWARD TO SEEING YOU!**

**P.S. 116 RUNNING CLUB  
– ATHLETIC WAIVER OF LIABILITY –**

Print, complete and bring with you the 1<sup>st</sup> day of Running Club at P.S. 116. In order to participate, this waiver must be fully completed before your child starts practice.

Student Name \_\_\_\_\_ Class \_\_\_\_\_

This form must be completed by the student and his/her parents before a student is allowed to participate in the Running Club program.

***Parent/Guardian Permission & Waiver of Liability  
& Authorization for Emergency Care***

I hereby give my consent for the above-named student to participate in the Running Club at P.S. 116. I authorize the Coach(es) in attendance at any practice to select and secure medical attention as may be necessary for my child as a result of injuries or other events requiring emergency care while I/we are not in attendance at such event. I hereby release said coach, sponsor, or any parent in attendance from any and all liability on account of such selection or authorization for any and all damages which occur on account thereof.

Parent/Guardian Name (please print clearly) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

***Parent/Guardian Understanding***

I understand participation in inter-scholastic athletics can be an extremely valuable experience for young people. However, athletes are exposed to moving objects, stationary objects, various playing surfaces, transportation, and other items that can cause injury and/or death. I understand that this communication is being written so my athlete and I can understand that there are potential dangers involved in participation in athletics. All information given above is accurate.

Parent/Guardian Signature \_\_\_\_\_

***Student Commitment***

I will attend all practices of the Running Club. If I miss more than 2 practices, I will no longer be able to participate in the program. I will also only wear appropriate running gear, including sneakers. I will not be able to participate and/or stay at practice if I am not wearing the proper attire. I promise to have fun and be a good sport!

Student Signature \_\_\_\_\_