

Greater Redondo Youth Running Club
Team "WAVE RUNNERS" 6th - 7th - 8th grades

Email: waverunners10@gmail.com ~ Website: www.greater-redondo-youth-running-club.com

Registration Form
(Turn one in for each athlete)

Athletes Name (Last/First)	Birth Date:	Age:	Gender: [M] [F]	School:
Address:	City:			Zip:
Mothers (Last/First):	Cell:			Home:
Fathers (Last/First):	Cell:			Home:
Email: Mother	Email Father:			
Emergency Contact (Last/First):	Cell:			Home:
Physician (Last/First):	Phone:			Ext:
Insurance Company:	Group ID#			Policy #
Health or Medical Concerns:				
Were you registered with another club or association last year, name of club or association?				

**Greater Redondo Youth Running Club
Cross Country, Track & Field or Summer Running Program
Registration Form**

1. The undersigned agree not to sue and releases and discharges the Greater Redondo Youth Running Club, its member organizations, its coaches, board of directors, volunteers and agents from all liability connected with the athlete's participation in Cross Country, Track & Field or the Summer Running Program.
2. The undersigned agree to indemnify and hold harmless the Greater Redondo Youth Running Club and its member organizations from any loss, liability, damage or costs that may be incurred due to any and all acts or omissions of the athlete during participation in Cross Country, Track or the Summer Running Program.
3. The undersigned certify that the athlete is physically fit and able to engage in Cross Country, Track & Field or the Summer Running Program. If the athlete has a potentially serious condition, a medical release (signed by a physician) must accompany this registration prior to participating in Cross Country, Track & Field or the Summer Running Program.
4. The undersigned agree not to use performance enhancing substances, drugs or alcohol at any practice, meet or conference event.
5. In the event of any accident (or serious illness), representatives of the Greater Redondo Youth Running Club or its member organizations have permission to seek emergency treatment. Every effort will be made to contact parents or the emergency contact prior to seeking treatment.
6. All athletes, parents/guardians, coaches & officials agree to good sportsmanship and fair play; avoid offensive language and all forms of violent or inappropriate behavior, physical contact or inappropriate touching and to treat all athletes, coaches, officials and others with respect.
7. The undersigned give authorization that the athlete's name, image, photograph, and or athletic marks/records may be posted on the Greater Redondo Youth Running Club and its member organization's websites or other media releases.
8. The undersigned have read, understand, and agree to comply with this Contract and all Rules, Policies, and Safety provisions established by the Greater Redondo Youth Running Club for Cross Country, Track & Field or the Summer Running Program.

Athletes Name (Print)	Athletes Signature	Date
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Parent/Guardian's Signature	Parent/Guardian's Signature	Date
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Greater Redondo Youth Running Club – Team Name "Wave Runners"

Cross Country 2016

(Name of Sponsoring Organization)

(Designated Sport)

"This activity is not a school sponsored event". Involvement in this activity is at the discretion of the parent and student.
This flyer is not printed at District expense.

Greater Redondo Youth Running Club
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Waiver and Consent Form
(Turn one in for each athlete)

I hereby agree to participate as a team member in the sport designated below.

I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my participation, and I am willing to assume these risk. I hereby certify that I am fully capable of participating in the designated sport and that I am healthy and have no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below.

_____ **HAS** permission to participate in: off grounds neighborhood runs and hill workouts.
(Name of Participant)

_____ **DOES NOT HAVE** permission to participate in: off grounds neighborhood runs and hill workouts.
(Name of Participant)

In addition to giving full consent for my participation, I do hereby waive, release and hold harmless the organization named below, its officers, coaches, sponsors, supervisors and representatives for any injury that may be suffered by me in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause.

Please list any physical limitations (allergies, hearing, sight or other) _____

(Participants Name Print) (Date)

(Participant's Signature) (Date)

(Parent /Legal Guardian Print) (Date)

(Parent /Legal Guardian Signature) (Date)

(Street Address) (City) (State) (Zip)

Greater Redondo Youth Running Club – Team Name "Wave Runners" **Cross Country 2016**
(Name of Sponsoring Organization) (Designated Sport)

"Wave Runners" Running Clubs Pledge

~Every runner and parent will be required to read and sign this pledge~

Keep This Page for your records

"Runners Pledge"

I will promise to conduct myself in accordance to the following pledge at all times understanding that there will be consequences if abused.

I pledge to treat each runner, coach, volunteers, and parents with:

1. **Respect:** Follow coaches' instructions, don't talk back, cell phones are to be put away during practice and use appropriate language.
2. **Commitment:** good attitude, work hard, and no excuses.
3. **I understand**, the group runs in the neighborhood are a privilege and I will obey the "Rules of the Road" as outlined below.
4. **I understand**, I sign my name and my name only on the sign in and sign out sheet at each practice.

Abuse also brings restrictions. Three strike rule. Strike one – Sit by the tree or call home to be picked up, and email to parent. Strike TWO – Sit by the tree or call home to be picked up, and email to parent, Strike THREE - removal from the club for the rest of the season with no refund.

"Rules of the Road"

- NO HEADPHONES. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during runs.
- DO NOT PASS the assigned leader of the group run.
- Remember this is a group run not a race.
- While running on the sidewalk, travel on the right and pass on the left.
- Never run more than two abreast.
- Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert to blind driveways. Stop to make sure cars are not backing out.
- STOP AT ALL STOP SIGNS. And ensure oncoming traffic yields to you before proceeding across a road. Don't assume cars will stop if you are entering a cross walk.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- Respect private property along your route. Stay on sidewalks. Do not run on lawns or flowerbeds.
- Always stay alert and aware of what's going on around you.

Greater Redondo Youth Running Club – Team Name "Wave Runners"

(Name of Sponsoring Organization)

Cross Country 2016

(Designated Sport)

**"Wave Runners" Running Clubs Pledge
Cross Country Season Contract 2016**

Return this Page Only
Keep the runners pledge guidelines for your record

I, _____,

(Participants first and last name)

I have read the running clubs pledge and understand the requirements for being a part of the "Wave Runners" Running Club.

I commit to being an active, productive, and positive member of the Wave Runners Running Club. I understand that failing to meet these requirements will result in possible dismissal from the club.

Participants Name (print) _____ Date _____

Participants Signature _____ Date _____

I, _____,

(Parents first and last name)

I understand my son/daughter are to sign in and sign out at each practice they attend.

I am aware that group runs and hill workouts are on public and private roads.

I am aware that my son/daughter should follow the legal requirements of all pedestrians while running.

I understand that the coaches will provide supervision during these training activities, but that it is not the responsibility of the coaches to directly supervise every runner at all times.

Parent Name (Print) _____ Date _____

Parent Signature _____ Date _____

Mothers contact numbers - Cell: _____ Home: _____

Fathers contact numbers - Cell: _____ Home: _____

Greater Redondo Youth Running Club
Team "WAVE RUNNERS" 6th - 7th - 8th grades

Email: waverunners10@gmail.com ~ Website: www.greater-redondo-youth-running-club.com

Registration GRYRC Payment Form
Cross Country 2016 Team Name "Wave Runners"

1) Athletes Name: _____ Grade: _____ Gender M____ F_____

School Attending: _____

2) Athletes Name: _____ Grade: _____ Gender M____ F_____

School Attending: _____

3) Athletes Name: _____ Grade: _____ Gender M____ F_____

School Attending: _____

Parents Name: _____ Phone # _____

Check made payable to: GRYRC

(Greater Redondo Youth Running Club)

One team practice t-shirt per athlete included in club fee.

Item	Adult Size S - M - L - XL	Quantity	Unit Price	Total
Club Fee - 2015 Track Season	-----	1 Athlete	\$90.00	
Club Fee - 2015 Track Season	-----	2 Athletes Same household	\$170.00	
Club Fee - 2015 Track Season	-----	3 Athletes Same household	\$255.00	
One Team Practice T-Shirt per Athlete Included in Club Fee	-----		\$0.00	\$0.00

Balance Due: _____

Office Use Only - Accepted by: Name _____

Date Received	Copy of Birth Certificate	Waiver and Consent Form	Running Clubs Pledge	Fees Paid	Check or Cash
				\$	Check # _____ Cash \$ _____

Greater Redondo Youth Running Club – Team "Wave Runners"

(Name of Sponsoring Organization)

Cross Country 2016

(Designated Sport)