

## Registration Form

(Turn one in for each athlete)

<b>Athletes Name</b> (Last/First)	<b>Birth Date:</b>	<b>Age:</b>	<b>Gender:</b> [ M ] [ F ]	<b>Grade:</b>
<b>Address:</b>	City:	Zip:		
<b>Primary Contact:</b> (Last/First):	Cell:	Home:		
<b>Secondary Contact:</b> (Last/First):	Cell:	Home:		
<b>Email: Primary</b>	<b>Email Secondary:</b>			
<b>Emergency Contact</b> (Last/First):	Cell:	Home:		
<b>Physician</b> (Last/First):	Phone:	Ext:		
<b>Insurance Company:</b>	<b>Group ID#</b>	<b>Policy #</b>		
<b>Health or Medical Concerns:</b>				

### Parras Middle School Wave Runners Cross Country / Track & Field Registration Form

1. The undersigned agree not to sue and releases and discharges the Parras Middle School Wave Runners, its member organizations, its coaches, board of directors, volunteers and agents from all liability connected with the athlete's participation in Cross Country and/or Track & Field.
2. The undersigned agree to indemnify and hold harmless the Parras Middle School Wave Runners, 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 and/or Track & Field.
3. The undersigned certify that the athlete is physically fit and able to engage in Cross Country and /or Track & Field Running Programs. 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 and/or Track & Field Programs.
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 Parras Middle School, 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 gives permission to run off of school grounds & occasionally at RUHS field.
8. The undersigned give authorization that the athlete's name, image, photograph, and or athletic marks/records may be posted on the Parras Wave Runners /Greater Redondo Youth Running Club and its member organization's websites or other media releases.
9. The undersigned have read, understand, and agree to comply with this Contract and all Rules, Policies, and Safety provisions established by the Parras Middle School Wave Runners Cross Country and Track & Field Program.

Athletes Name (Print)	Athletes Signature	Date
Parent/Guardian's Signature	Parent/Guardian's Signature	Date

**Check made payable to: Parras Middle School**

Item	T-Shirt (please choose)	Quantity	Suggested Payment	Total
Suggested Club Fee - Track Season	Adult Size S - M - L - XL	1 Athlete	<b>\$95.00</b>	
Suggested Club Fee - Track Season	Adult Size S - M - L - XL	2 Athletes Same household	<b>\$140.00</b>	
Suggested Club Fee - Track Season	Adult Size S - M - L - XL	3 Athletes Same household	<b>\$210.00</b>	

Total:

**Office Use Only - Accepted by: Name** \_\_\_\_\_

Date Received	Copy of Birth Certificate	Waiver and Consent Form	Running Clubs Pledge	Amt Rec'd	Check or Cash
				\$	Check # _____ Cash \$ _____

**Parras Wave Runners Pledge Contract 2020  
Track Season**

I, \_\_\_\_\_,

**(Participants** first and last name)

I have read the running club pledge on following page 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 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 \_\_\_\_\_

## Parras Wave Runners 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.