



Spring Training: Fun Runs After School\*

## 2019 Spring Training for Cross Country

Cross country (CC) running is a popular sport amongst our students in the fall of the year. Our program is designed to give the participants an introduction to running which they can enjoy individually for a lifetime and competitively with friends and teammates during the season. With the completion of a few laps our runners gain confidence in themselves and their teammates and discover the joy of working together to make each other better. The spirit of community and camaraderie within the CKS CC program is especially life giving to our youth.

**Spring Training is New!** If your runner is considering joining the CC team in the fall here is a chance to get them “warmed up” for the season. This training is meant to be fun, to start the camaraderie that we hope will flourish in the fall and to give directives to those serious about training over the summer for the fall season.

**Four after school training sessions for each group:**

1st-4th grade runners train on Mondays from 3:15 - 4:00 p.m. April 8, 15, 22, 29.

5th-8th grade runners train on Wednesdays from 3:15-4:00 p.m. April 10, 17, 24, 31.

Immediately after school the students meet, drop off their backpacks in Hehman Hall, and proceed to the restrooms where they change into lightweight clothing and running shoes. Each runner should bring a water bottle and a SMALL snack (no apples). Parents on the grounds during training are encouraged to assist the team by manning a driveway to direct traffic while the runners are on the property sidewalks. Parents should be ready to pick up their children by 4 p.m. at the HEHMAN HALL steps.

**Training:** Warm up, several laps around the school/church lot on the sidewalk (each lap is 1/2 mile) and we generally finish with interval training sprints on the grass or in the parking lot.

**Who can join?** Any runner in 1st - 8th grade.

**Requirements:** Registration fee \$5, a CKS Cross Country Release Form, running shoes, team spirit, a willingness to achieve and a solid work ethic. Registration fees will be used for fall meet fees.

**Coaches:** Patty Schuette, Colleen Harned, Kathryn Allen and Krina Fry  
WE NEED VOLUNTEERS! PLEASE LET US KNOW IF YOU ARE AVAILABLE TO HELP.

Please feel free to contact us with questions about the cross country team. Email works best. Direct your questions to: [CKSCrossCountry@gmail.com](mailto:CKSCrossCountry@gmail.com)

**#WORTHWHILE = VALUE TOMORROW**



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Cross Country Runner \$5 fee

Runner 1: \_\_\_\_\_ Grade/Gender: \_\_\_\_\_ / \_\_\_\_\_ \$5 Fee: \$5

ALLERGY TO? \_\_\_\_\_

Runner 2: \_\_\_\_\_ Grade/Gender: \_\_\_\_\_ / \_\_\_\_\_ \$5 Fee: \$5

ALLERGY TO? \_\_\_\_\_

Runner 3: \_\_\_\_\_ Grade/Gender: \_\_\_\_\_ / \_\_\_\_\_ \$5 Fee: \$5

ALLERGY TO? \_\_\_\_\_

Runner 4: \_\_\_\_\_ Grade/Gender: \_\_\_\_\_ / \_\_\_\_\_ \$5 Fee: \$5

ALLERGY TO? \_\_\_\_\_

Total Fees: \$

Home Address: \_\_\_\_\_ City \_\_\_\_\_

Emergency Contact Phone: #1 \_\_\_\_\_ #2 \_\_\_\_\_

\* 1st/2nd graders should obtain permission from a coach if this is their first time running CC:

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

### CROSS COUNTRY PARTICIPATION RELEASE FORM

I hereby give permission for my child to participate in cross country training and meets and for the coaches to obtain necessary medical care for my child. I recognize that injury is a distinct possibility from running. I hereby waive and release any and all claims of any nature that I may have against Christ the King/School/PTO, their employees, members and coaches for any and all injuries or damages of any nature that my child may suffer while taking part in the activities connected with Christ the King Cross Country running. I also understand that I will be responsible for any damages resulting from my child's actions to any of the facilities being used for practice or meets.

Date: \_\_\_\_\_, 2019

Signature of Parent/Guardian: \_\_\_\_\_

Print Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

(Please print neatly.)