



GREENCASTLE FLYERS

CROSS COUNTRY CLUB

On Course to be the Best!

September / October 2018

Our Mission

OPEN TO ALL AREA YOUTH!

Our Fall Club is designed to introduce children ages 5 to 12 years old to the sport of cross country. Overall strength, flexibility, cardiovascular endurance, speed and agility will be increased through drills and appropriate activities. Our club athletes will be encouraged to participate in local road race or cross country events on weekends. All athletes will gain a better understanding and appreciation for the sport of cross country.

Location: Grass area behind G-A Middle School (Bring completed form and fee to first practice or mail to Coach Secret)

Monday Evenings 5:30 until 6:30

Practice Dates: September/ 24, October/ 1, 8, 15, 22, 29

"The Greencastle Flyers club has helped me become a much faster and stronger athlete. I look forward to another great season of fun and activities."

- Chloe Parks

www.greencastleflyers.org



Our 2017 Crew

Please Check our website for....

- Increment weather cancellations
- Practice Updates
- Club Events
- Forms
- Results
- Photos
- Training Aids

Athlete Name: _____

Parent Names: _____

Emails: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Age: _____ Gender: M or F

If you would like to mail in application and fee before start of practice. Mail to: Coach Secret 14769 Bain Rd. Mercersburg, PA 17236

Please Circle Athletes T-Shirt Size: Youth or Adult S M L XL

Extra Shirts for parents or grandparents: add \$10 per shirt to total cost. (please indicate additional sizes)

Any medical conditions that we should be aware of?: _____

Emergency Contacts:

List any individuals who will assume temporary care of your child(ren) if you cannot be reached.

1. Name: _____ Relationship: _____

Address: _____ Phone: _____

2. Name: _____ Relationship: _____

Address: _____ Phone: _____

Fee: \$25 Make Checks payable to: *Greencastle Flyers Club*

Due to parental concerns in the past, we reserve the right to dismiss any athlete/child (without refund) that is a continual behavioral concern. This is a safety issue and a non-contact club. No horse-play or aggressive touching will be allowed. All athletes must abide by their coaches and follow their detailed instruction.

Waiver: For and in consideration of permission granted to me and/or my and/or my child's participation in by not limited to, athletic teams, field trips and other programs or activities in/at Greencastle Flyers Club and other valuable considerations, the receipt and sufficiency of which are hereby acknowledged. I hereby agree on behalf of myself and/or my child, my heirs executors, administrators and assigns to release and discharge Greencastle Flyers Club and all directors, officers, agents, and employees or any volunteers associated with Greencastle Flyers Club from and all claims, demands actions, judgments, and executions under which I and or my child ever had, now have, or may have against any or all the aforesaid, any combination of the aforesaid, the successors and assigns, jointly or severally for all or personal injuries known, unknown, as well as all damages to property, real or personal caused by or arising out of my or my child's participation in but not limited to athletic teams, field trips and other programs or activities in/at Greencastle Flyers Club. I hereby agree, on behalf of myself and/or my child, my heirs, executors, administrators and assigns to indemnify and, all or any combinations of aforesaid, jointly and severally, and to hold and save harmless form and against any and all actions, claims demands, liabilities, losses, damages, or expenses of whatever kind and nature, including attorney fees, which may at any time be incurred by reason or my and/or my child's participation in or preparation for the aforesaid Greencastle Flyers Club.

Signature of Athlete/Parent or Guardian: _____ Date: _____