

# Carlson Cross Country



Dear families:

This fall, your child will have the opportunity to participate in an intramural running club provided by Carlson Elementary School. The intramural will be open to any child in grades K-6. The objective of this program is to improve cardiovascular fitness, while working toward the goal of racing with peers across the district. Each practice, runners will record laps in the gym and achieve milestones as they run longer distances throughout the club.

**Practices will be held on Wednesday mornings before school from 7:30-8:00 A.M.** Each day we will meet in the gym to drop off school bags and practices will take place around the school grounds on these days. **SEND YOUR RUNNERS TO SCHOOL PREPARED TO RUN OUTSIDE. \*\*On mornings with rain or snow, practice will be canceled. \*\*** Races typically will not be canceled due to weather, but we will follow district protocol when lightning is present. We will do our best to communicate any last minute changes or concerns due to weather through email and on the school website.

**The cost of this program is \$20.** Please be certain of the size of the shirt you would like for your runner before circling a size below, quantities are limited.

Race dates are listed below. Locations and directions will be communicated through your provided email. **Parents are responsible for transporting runners to and from each racing event.** The races are for club participants only and volunteers will be needed.

Any funds leftover at the completion of this club will be used toward club scholarships and equipment to support the PE program at Carlson Elementary.

## Practice Schedule:

**We will practice every Wednesday morning beginning Wednesday, August 30 at 7:30 A.M. The season ends with the final race on October 19th.**

**When school is not in session, we will not have practice.**

## Race Schedule:

**Thursday, September 7 – 4:30 PM @ King Murphy**

**Thursday, September 21 – 4:30 PM @ Carlson Elementary**

**Thursday, October 5 - 4:30 PM @ TO BE DETERMINED**

**Thursday, October 19 – 4:30 PM @ Clear Creek High School**



*Save this page for the practice and race dates, return attached form only*





## Club Participation and Shirt Order

Please sign below if your child will be participating in this program. Also, be sure to fill out the **Assumption of Risk Agreement** on the back. Place this form and all funds in an envelope addressed to Carlson Cross Country. **Make checks payable to Carlson Elementary.** The cost of the club helps pay for the shirts, mileage awards, and supplies for the final event. If you have any questions about this intramural, please email [michael.patrizi@ccsdre1.org](mailto:michael.patrizi@ccsdre1.org) or drop by the gym.

*If you would like to order your own shirt in support of the team, indicate size while ordering below.*

**Include all funds in an envelope with this form: \$20 per runner** (student shirt is included in this fee)

**Extra Shirts are \$15 each. \$20 for XXL or 3XL Total: \$\_\_\_\_\_**

Student Name: \_\_\_\_\_ **Youth Shirt Size: S M L (6-8) (10-12) (14-16)**

Classroom Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_ **Adult Shirt Size: S M L XL XXL**

Parent Email: \_\_\_\_\_

Please write clearly (I want to be sure all team communication reaches you)

## Volunteer Opportunities

(Must have completed the Carlson Volunteer Packet and be cleared through the district to participate)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

*Unless already specified above*

\_\_\_\_\_ **Morning practice**

\_\_\_\_\_ **Thursday, September 7 – 4:30 PM @ King Murphy**

\_\_\_\_\_ **Thursday, September 21 – 4:30 PM @ Carlson**

\_\_\_\_\_ **Thursday, October 5 - 4:30 PM @ TO BE DETERMINED**

\_\_\_\_\_ **Thursday, October 19 – 4:30 PM @ Clear Creek High School**

**Practice volunteers:** Run with athletes during a part of or throughout practice, encourage athletes, monitor lap sticks, post-practice lap recording, organize club materials

**Race day volunteers** will place race bibs on runners, show runners the course, warm-up and pre-race stretching routines, take runners to the start line, monitor turns in the course, pull bibs from runners entering the chute, keep parents and other spectators out of the finishing chute. This is a list of jobs, not the expectations of each volunteer. Some jobs are specific to the home course.

## Release for School Sponsored Activities Carlson Elementary Cross Country

Clear Creek School District strives to provide a safe environment for school approved activities; we cannot guarantee an accident will not occur. Voluntary participation in supervised school activities may be one of the least hazardous environments any student is involved in. However, participation in some activities includes an inherent risk of injury which may range in severity from minor to long-term catastrophic injury. Although serious injuries are not common in supervised programs, it is impossible to eliminate all risk.

By signing this permission form, we acknowledge that we have read and understand this warning and understand the inherent risks associated with this activity. We further understand that we are responsible for obtaining any medical, accident, or other insurance that we deem appropriate; the district does not provide student accident insurance.

Participants must obey all safety rules and will immediately report all physical problems to the activity supervisor or their designee.

I understand that the Clear Creek School District and its employees may have certain legal protections and immunities from liability with respect to any property damage or personal injury that may occur during the activity. The School District and its employees have not waived these protections and immunities. I understand that the School District and its employees may also have certain legal obligations with respect to the activity.

**By signing this form, I am not releasing the Clear Creek School District and its employees from any of their legal obligations. However, on behalf of myself, my student, and our family and representatives, I release and hold harmless the Clear Creek School District and its employees from and against all claims for any damages or injuries incurred by myself or my student from any cause, including but not limited to *my own or my student's own misconduct or the actions or omissions of third parties*. I understand that for purposes of this Release, the term "employees" includes the School District's directors, employees, servants, and volunteers. Parents/Guardians and Students who do not wish to accept the risk described in this warning should not sign this Release for School Sponsored Activities Agreement.**

### Parental/Guardian consent:

I hereby give my consent for my child \_\_\_\_\_ to participate in \_\_\_\_\_ at Carlson Elementary School and I hereby release the School District and hold it and its employees harmless against any liability for injuries my student may incur as a result of participating in the activity identified above.

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

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_