

DO YOU LIKE TO RUN...



**...EVEN IF YOU'RE NOT
BEING CHASED?**

HSE CROSS COUNTRY TEAM MEMBERSHIP REGISTRATION FORM

Student Name: _____ Grade: _____ Birthdate: _____

Gender (circle one): M / F Shirt Size: _____ USATF # (if applicable): _____

Student Email: _____

Parent Name: _____ Phone: _____

Parent Email: _____

Emergency Contact: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Medical Conditions:

What are your goals for this season?

Release of Liability Waiver

Parental Consent: I, the parent or Guardian of the registrant, a minor, agree that I and the registrant will abide by the rules of the HSE Cross Country and TCSAAL Athletics Organizations. Recognizing the possibility of physical injury associated with athletics and in consideration of HSE for accepting the registrant for its athletic programs and activities, I hereby release, discharge, and or otherwise indemnify Harmony Public Schools, its affiliated organizations and sponsors, their employees and associated personnel, including fields and facilities utilized for its programs, the owners of the facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize. Your signature below confirms that you are a student of Harmony Public Schools; you have seen the information concerning the role of a club member produced by the HPS Central Office and included in the Extracurricular Activities Handbook; and you consent to take on the responsibilities of the club member of the above named club for the academic year.

Parent Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

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HARMONY SCHOOL OF EXCELLENCE - PLAYER CONTRACT

I, _____, while participating as an athlete on the Harmony School of Excellence Cross Country team, **promise to:**

1. Attend and be on time for all practices, meetings, and competitions.
2. Contact my coach via email or Remind if I must miss a practice or competition.
3. Attend school and classes every day. I will not be tardy to class.
4. Keep all class grades at a C- (70) or above. *If I am failing a class, I will not be able to run in the meet that week. If my grades fall below 70, I will attend tutoring, to bring up my grade(s).
5. Not use inappropriate language. If I do, it will cost me 25 burpees per word.
6. Follow all reasonable requests made by the coach(es); especially involving practice, technique, diet, rest, and competition.
7. Be well mannered and respectful to team members, coaches, and other adults.
8. Be a good representative of my team and HSE - on campus and, especially, at competitions. Exhibit good sportsmanship and leadership both on and off the course.
9. Stay with the team before and after I run, unless I have permission from a coach.
10. Treat all teachers, administrators, coaches, officials, spectators, and other players with highest respect and courtesy. I understand that, if I am disrespectful, the following consequences will be enforced:
 - a. First report: Extra exercises and written apology
 - b. Second report: Missing that week's meet and written apology
 - c. Third report: Suspension or dismissal from the team and written apology
11. Understand that Cross Country is one of the most difficult sports, both physically and mentally. I will always have a positive attitude, TRY HARD, and be willing to learn new things.

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____