

Time to RUN



Limestone Walters Co-op XC Program

FOR WHO: all 5th – 8th graders in the Co-Op XC program:

1. Monroe
2. Norwood
3. Oak Grove
4. Walters
5. Pl. Hill
6. Bartonville

WHERE: LCHS (high school) MAIN ENTRANCE (the big cement L)

You will need to coordinate rides. We have parents from each school who are willing to help.

WHEN: We will start **Monday July 31st. Practices will be Tuesday, Thursday, and Friday at 7am until Aug 15th.**

After that time, practices will be **Monday, Wednesday, and Thursday from 3:30PM TO 4:30PM**

WHO WILL TRAIN US? Coach Hurst: jhurst@limestone310.org (309)840-0899

WHAT DO I NEED: A good pair of running shoes and a current school sports physical

Bring a good attitude and be ready to work hard!

Important dates:

DATE	TIME	LOCATION
8/12 - Saturday	10:00am	Trojan Invite
8/24 - Tuesday	4:30	Pekin Invite
8/26 - Thursday	4:30	Parent Meeting LCHS Cafeteria
8/29 - Tuesday	4:00	Washington Invite
9/5 - Tuesday	4:00	El Paso
9/12 - Tuesday	4:00	Warrior Invite
9/22 - Friday	4:00	Dunlap invite @ Detweiler
*9/28 - Thursday	4:30	Alpha Park (Our Invite!)
*9/30 - Saturday	9:00	Muffley School Decatur IL
10/7 - Saturday	10:00	Sectionals TBA
10/14 - Saturday	9:30	Maxwell Park, Normal IL (State)

*4th graders can run!

Please fill out and return to Coach Hurst

Student athlete name: _____

Emergency contact name and number _____

Please initial and sign at the places indicated

___ My child has an up-to-date physical at their current school.

___ I will have my child on time to all practices.

___ I will ensure that my child is eating properly and getting enough nutrients in order to participate.

___ I will ensure that my child is drinking PLENTY of water (eliminate soda if possible).

___ I understand that my child will be using crosswalks in order to go to Alpha Park. I will ensure that my child understands and knows how to cross a street properly.

Off Campus Practices and Road Running Waiver Form

I hereby give my consent for _____ to compete in Limestone Walters Co-Op approved off campus practices.

I release Limestone Walters, all Co-Op schools involved in the program, and all its employees and representatives of any liability for my son/daughter as a passenger in a private passenger vehicle for any injury or loss which may occur in transit to and from any practices.

Before a student will be allowed to run on the streets and roadways for athletic training, this waiver must be signed by both the student and his/her parent or guardian.

I hereby give consent for my son/daughter to participate in any athletic conditioning and training programs which may include running off school premises.

I realize that my son/daughter is responsible for using safety precautions in running on the streets and roadways.

I understand that my son/daughter had been informed of appropriate safety rules, including information concerning possible injury and/or death.

Limestone Walters and all Co-Op schools assume no liability for such injuries or death in case of accident.

Student Signature

Date

Parent Signature

Date