



# ST CORNELIUS TEAM

*Get in shape, be part of a team, compete, and best of all, have fun!*

Open to grades K thru 8

Practices start Tuesday, Sept 3rd at St. Cornelius

Practices are Tues, Thurs after school – 4:30pm

Please have paperwork completed for the first practice

Weekly meets at Belmont Plateau Sundays @ 1:00 through September and October  
Season runs through October 27<sup>th</sup>

Registration information contact Michelle Hricko at [michellehricko@gmail.com](mailto:michellehricko@gmail.com)

Dying to help? Please contact Michelle. Volunteers are always needed!

(Please make sure all clearances are up to date)



# St Cornelius CYO Cross Country

## Registration 2019



### Athlete Information

Childs Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Medical conditions or health concerns associated with sport? YES NO

If so, describe: \_\_\_\_\_

### Contacts

Primary Contact/Parent: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Secondary/Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Is this person permitted to transport your child? YES NO

### Emergency Information

Primary Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred hospital: \_\_\_\_\_

Cost: \$55/child

T-shirt size (Gildan for referance) \_\_\_\_\_ Anticipated practice days? Tu Th F

Check made payable to St. Cornelius CYO

Check # \_\_\_\_\_

Please have check and registration in a sealed envelope to the attention of Michelle Hricko

All registrations and payments must be received NO LATER THAN September 6<sup>th</sup>.

**PARENT VOLUNTEER:** Name \_\_\_\_\_

(CIRCLE ONE OF THE FOLLOWING)

ASSISTANT COACH

PRACTICE HELP

TEAM PHOTOGRAPHER

SNACKS

**ATHLETIC PARTICIPATION & INSURANCE WAIVER FORM**

(Please Print) Student's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

School of Attendance: \_\_\_\_\_

Current School Year : \_\_\_\_\_

I understand that participation in any extracurricular activity or sport is a privilege and not an exclusive right in the St. Cornelius CYO. I also acknowledge that there are inherent risks associated and accompanied with sports and activities and that my child may be injured as a result of an accident arising out of participation in athletics or activities. In consideration for permitting my child named above to participate in sports and/or activities, I release and hold harmless St. Cornelius CYO and/or its employees, teachers, coaches, administrators, et al., from any and all liability including, but not limited to liability for injuries or damages sustained by the individual.

**Insurance Waiver**

I also understand that my child must be covered by medical and/or accident insurance in order to participate in sports and hereby certify that my child is covered for injuries and/or death occurring as a result of participation in, or the practice for, all athletic events as a student in the St. Cornelius CYO during the current school year. I also certify that said insurance will be kept in force during the full time that my child engages in the practice for or participation in athletic events during the current school year.

Name of Insurance Company \_\_\_\_\_

Address of Insurance Company \_\_\_\_\_

I have completed all of the information requested above and hereby certify that I have read and agree to all of the statements listed above. \_\_\_\_\_

# Important XC Information...in no particular order...

- To join the remind app for CYO Philadelphia, text @cyox to the following number 267-460-6882. This will make you aware of any meet cancellations as soon as I know it!
- Please make sure your child has sneakers and a *reusable* water bottle at EVERY practice. Good footwear is essential to making sure we prevent injury.
- Paperwork has to be handed in to practice, I need to know who to contact in case of an emergency.
- First meet is September 15<sup>th</sup>. Not too far away!
- We have a Family fun run at St. Cornelius September 14<sup>th</sup>. GREAT opportunity to warm up for Sunday.
- I will occasionally need help with practices AND meets, please let me know what days you can help 😊
- We are blessed at St. Cornelius to have 60 acres of woods to run through. We make the trail bigger EVERY year!!!
- And lastly, I run for fun. I am not necessarily a good runner, but I get better everytime I work at it. If your kids get nothing else other than having fun and learning how to work hard, it's a win win for me!!!

**Hope to see you Tuesday!!!!**