

2013 YMS Cross Country



YMS Cross Country

HEAD COACH:

Derek Miller

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ASSISTANT COACH:

Chad Martin

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WEBSITE:

<http://ymsrunning.com>

REGISTRATION FORM

Practice will begin on **Monday, August 5**. The school year starts on August 14, but it is important to get running in before then, which is why we also recommend **Endurance Camp**.

Practices will be held from 7:15 to 8:45am at the **Yorkville High School Academy** track until school starts. After that runners will meet immediately after school. **You can see the full practice schedule on the Team Calendar section of our website.**

Runners must follow all school rules to participate in cross country. Runners may not be able to participate if they do not comply with school rules or they are not earning satisfactory grades in their classes.

Runners are expected to be at practice everyday. If a runner cannot make a practice or meet the coaches need to be notified at least 24 hours in advance.

A **\$65** activity fee, physical, and athletics packet are required to participate along with this form. You can turn in this registration form electronically to demiller@y115.org or at **Cross Country Registration on May 13**.

T-Shirt Size

Adult XS

Adult S

Adult M

Adult L

Runner's Name _____

Gender: M F Grade in 13/14: 7 8

Home Phone _____ Cell Phone _____

Home Address: _____

City: _____ Zip Code: _____

Parent/Guardian E-mail: _____

☐ I will allow photographs of my runner to be posted on ymsrunning.com, which is run by Coach Miller and not affiliated with District 115. I understand these photos will not be used for commercial purposes, but may be used on posters or other team promotional material.