

YMS Cross Country

HEAD COACH:
Derek Miller
demiller@y115.org

ASSISTANT COACH:
Chad Martin
cmartin@y115.org

ASSISTANT COACH:
Mickey Nauman
mnauman@y115.org

WEBSITE:
ymsrunning.com

T-Shirt Size

Adult XS

Adult S

Adult M

Adult L

REGISTRATION FORM

Practice for 7th and 8th graders begins on **Monday, August 4**. The school year starts on September 2, but it is important to get running in before then since we have meets in August. We also strongly recommend running **Endurance Camp** in the summer.

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 at YMS until 4:15. **You can see the full practice schedule on the Team Calendar section of our website.**

5th and 6th grade runners will follow a different schedule. Practice will start at the elementary schools in September, and the only meet for elementary runners will be the **Fox Trot Invite on Saturday, October 4**. Elementary runners should check with their school for required fees and forms.

For 7th and 8th graders, 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 12**. You will receive a confirmation email if your registration was sent electronically.

Runner's Name					
Gender: M F	Grade in 14/15:	5	6	7	8
Phone 1	Phone 2				
Home Address:					
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 115.1 understand these photos will not be used for commercial purposes, but may be used on posters or other team promotional material.