

# YMS Cross Country



## REGISTRATION FORM

Practice for 7th and 8th graders begins on **Monday, July 31**. The school year starts on August 16, but it is important to get running in before then since we have meets in August before school starts. We also strongly recommend running **Endurance Camp** in the summer.

Practices are 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 and meet schedule on the Team Calendar section of our website.**

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 23**. You will receive a confirmation email if your registration was sent electronically.

Runner's Name \_\_\_\_\_

Gender:    M    F                      Grade in 17/18:    7    8

Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

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

Parent/Guardian E-mail: \_\_\_\_\_

**T-Shirt Size** (Circle One)    Adult XS    Adult S    Adult M    Adult L

I will allow photographs of my runner to be posted on [ymsrunning.com](http://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.

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**WEBSITE:**  
[ymsrunning.com](http://ymsrunning.com)