

Martha's Vineyard Youth Running Club

CROSS COUNTRY!

In our seventh year, the Martha's Vineyard Youth Running Club's (Hurricanes) fall cross country program introduces island students in grades 5-8 to the basics of age-appropriate distance running. The Hurricanes are a competitive team which participates in middle school invitationals, meets and 5Ks.

Program: USTAF certified coaches work with the students at bi-weekly practices to improve stamina, pacing and team building, interspersed with "Time Trials," where they are timed on a one-mile course to track their progress through results tied to our Toe Token™ incentive program.

Cost: Cost is \$30.00. This fee covers uniforms, entry fees to races and program costs. We are a nonprofit program open to all island children in grades 5-8. Please discuss program fees with the coaches if there are any concerns.

When and Where: Fall Session begins on Monday, September 13 and runs until November. We meet at the dirt parking area next to the Shark's field.

Practices are every Monday and Wednesday, from 5:00-6:00 pm*.

**Practice session times may change to accommodate daylight as the days get shorter.*

Registration: Please email completed form to hurricanesmv@gmail.com, or bring it to the first day of practice.

REGISTRATION FORM

Athlete Name: _____ Grade: 5 6 7 8

Parent Name: _____ School: _____

Address: _____ Email: _____

Cell Phone: _____ Date of Birth: _____

INJURY WAIVER: I, my heirs, successors and/or assigns, hereby waive my right to compensation or reimbursement for medical expenses and other costs, including, but not limited to transportation, and rehabilitation, incurred as a result of any injury sustained during participation in any activity associated with this club, its affiliates, and any official associated with this club and its affiliates. Officials include but are not limited to employees, coaches, trainers, managers, or any other club official. I understand and acknowledge that the MV Hurricanes and its affiliates are not liable of any injury sustained in connection with the aforementioned activities. I hereby assume full responsibility for participation in this program and all related activities.

Signature of Parent or Guardian: _____ Date _____

