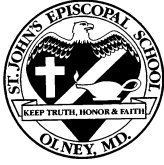


## 2010 St. John's Coed 5<sup>th</sup>-8<sup>th</sup> Grade Road Runners Information

- WHAT IS ROADRUNNERS? The goal of the St. John's roadrunners program is to build fitness and experience racing or running as a team. Students will have weekend opportunities to participate in various racing situations.
- Practice will begin on Monday, March 8<sup>th</sup>
- Practices will take place on Mondays and Thursdays from 3:30 - 4:15
- The meet schedule is not yet available. Additional entry fees may be required for some of the races.
- Students may participate on road runners and play lacrosse. Students will attend one practice for each activity weekly.
- Miss Thomas and Mr. Houser will be the coaches
- Equipment needed: All players must provide their own t shirts, shorts, sweats, socks, running shoes and water.
- Uniforms will be provided for meets. Uniforms must be returned at the conclusion of the season. Students will be billed for any unreturned or damaged uniforms.
- Typically, practices will be held indoors in the case of inclement weather. As decisions are made regarding practices, a message will be left on the sports hotline 301-774-6804 x 185.
- Changes may occur for reasons other than weather.
- To register, please complete the attached form and return with a check to the Physical Education Office or the front office prior to March 2<sup>nd</sup>.
- Any questions, please contact Miss Thomas at [sarah.thomas@stjes.com](mailto:sarah.thomas@stjes.com) or 301-774-6804 x 128





# Road Runners

## Coed GRADES 5<sup>TH</sup>-8<sup>TH</sup>

### **REGISTRATION FORM**

I/We, the parents of the undernoted student, hereby give my/our approval for his/her participation in any and all St. John's activities. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities. I/We hereby waive, release, absolve, indemnify, and agree to hold harmless St. John's Episcopal School, it's organizers, sponsors, participants and persons transporting my/our son/daughter to or from activities, for any claim out of injury to my/our son/daughter. I/We assume responsibility for the administration of all medications to my/our son/daughter during these activities. It is the responsibility of the parent to discuss medical conditions and provide medications and administration procedures with your child's coach. Medications maintained in the health room at St. John's Episcopal School are for use during the school day and are not available for use in after school activities.

Parent/Guardian signature: \_\_\_\_\_

***Please print:***

Parent/Guardian name: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

Player Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

A check for \$75 for should be made out to "St. John's Athletics" and returned with the registration form to the PE Office or front office. Deadline is February 16<sup>th</sup>.

**No acknowledgement letters will be issued.**  
**Your canceled check is receipt of your form/s.**

Total enclosed = \_\_\_\_\_

**Questions**, please call Kim Hutcherson at 301-774-6804 x 196 or e-mail [kim.hutcherson@stjes.com](mailto:kim.hutcherson@stjes.com)

