

# Northampton Parks & Recreation Youth Cross Country



- For:** Children ages 5 - 14  
**Fee:** \$50 for the first child, \$25 for each additional child  
**Dates:** Sundays, September 15 – October 27  
**Time:** Practices run from 5:30pm – 6:45pm  
**Location:** Various locations throughout the city  
**Coach:** Northampton High School coach, Brandon Palmer, will be running this fun new program!

Runners will be placed in groups depending on age and ability. The program is suitable for those serious about their running and interested in running in Cross Country meets as well as those with a more casual interest who want exercise and to learn more about running. Runners can run in various meets throughout the season, though we will also hold our weekly Sunday session for those who may not want to run in meets.

**Participants will learn...**

- Food and nutrition
- Technical skills training
- Everyday exercises
- Warm ups, flexibility, and mobility
- Basic running training
- Fitness training

- For weather cancellations, call 587-1044 or check the Northampton Parks & Recreation website and click on cancellations, [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation).
- Register online at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation), or mail/drop form to Northampton Parks & Rec.

## Fall Youth Cross Country 2019

Child's Name-first & last	Gender	Date of Birth	Grade entering	Shirt Size	Fee
<b>Medical/Comments:</b>					<b>Total Fee:</b>
<b>Parent/Guardian</b>	<b>Parent 1/Guardian</b>		<b>Parent 2/Guardian</b> <i>(complete if any field is different)</i>		
First & Last Name					
Street Address					
City/Town & Zip Code					
Home Phone					
Mobile Phone					
Email Address					
Are you willing to help?					
Emergency Contact (name, relationship, & phone #)					

### Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

**Parent/Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Not a school sponsored event. The schools do not endorse, supervise, or participate in the organization distributing this literature.*