

Frederick Athletic Academy

Youth Cross Country Club



The Frederick Steeplechasers Running Club will be offering the youth of Frederick an organized cross country program this fall. The main purpose of the program is to expose students (girls and boys) to the sport of cross country and distance running. Any 2nd through 8th grade students in the Frederick Area.

Practices will be held 2-3 times per week on Mondays thru Thursdays in Baker Park near the Bandshell at 5:30. Club members will have the chance to compete in several local events which will lead to state, regional and possible national meets. First practice is Wednesday September 8th and Thursday, 9/9. Registration will take place during the first two weeks of practice.

- There will be a \$35 registration fee charged (payable to the FSRC)
- Participants must wear proper running shoes. Jerseys will be provided.
- Proof of insurance is required
- Participants are responsible for any race entry fees they enter as well as running shorts
- Proper behavior and effort is a requirement of each participant
- Club members are expected to take part in the team fund raising project if held.

Name: _____ DOB __/__/__ Age ____

Address _____ Phone _____

City _____ State _____ Zip _____ School/Gr _____

Email _____

I give permission for _____ to take part in the FSRC Cross Country program. By signing below I confirm my child is covered by a health insurance policy and is in the physical condition needed to take part in a distance running program. I understand participation in this sport constitutes a risk to my child. I voluntarily and knowingly recognize, accept, and assume this risk and release the FSRC its organizers, coaches, and volunteers from any liability therefore.

_____ Date _____

Call 240 285-4703 (Mark Lawrence) for more information

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