

2016 MACH Cross Country Registration Form

Practices begin **August 16th, 2016** (season runs through mid-October),
and will be held from **6:00 pm to 7:30 pm**.

Tuesday: Boulan Park, Troy (Crooks, between Big Beaver and Wattles)

Wednesday: Clawson Park, Clawson

(Off W. Elmwood Ave., between Crooks and Main, and between 14 Mile and 15 Mile)

Thursday: Civic Center Park, Madison Heights (13 Mile, between Stephenson and John R)

Runners may attend any one, two, or all three practices each week

\$35 per runner due with registration

Registration Deadline: *August 18th, 2016

*You must have a signed registration form turned in before your child can participate in any practice.

Parent's Name(s): _____

Address: _____ City/Zip: _____

Phone #1: _____ work ☐ cell ☐ home ☐

Phone #2: _____ work ☐ cell ☐ home ☐

Email: _____

Emergency Contact Person & Number: _____

Runner(s):

child's name: _____ circle: m/f date of birth: _____ grade: _____ t-shirt size: _____

child's name: _____ circle: m/f date of birth: _____ grade: _____ t-shirt size: _____

child's name: _____ circle: m/f date of birth: _____ grade: _____ t-shirt size: _____

child's name: _____ circle: m/f date of birth: _____ grade: _____ t-shirt size: _____

child's name: _____ circle: m/f date of birth: _____ grade: _____ t-shirt size: _____

All shirts come in standard sizes as follows:

youth small = size 6-8 *** youth medium = size 10-12 *** youth large = size 14-16

adult small *** adult medium *** adult large *** adult extra large

total amount due: _____ ☐ check enclosed (**payable to MACH Sports**)

Please make checks payable to MACH Sports and mail to:
Coach Ryan Smith, 29734 Mark Ave, Madison Heights, MI 48071

We, the undersigned parents, or legal guardians, of persons listed above, do hereby consent and agree that the above named persons may participate in the MACH Cross Country Program. We understand that injuries from running are not uncommon, and it is agreed and understood that the volunteer coaching parents assume no legal liability for injuries or loss as a result of such participation. The undersigned agrees to indemnify, defend, and hold harmless MACH, and its volunteers, from any claim or injury arising from my participation or that of my children. No person is permitted to participate in any team activity unless they have satisfactorily completed this release and waiver.

Parent's Signature: _____ Date: _____