Time to RUN

Limestone Walters Co-op XC Program

FOR WHO: all 5th – 8th graders in the Co-Op XC program:

1. Monroe
2. Norwood
3. Oak Grove
4. Walters
5. Hollis
6. Bartonville

WHERE: LCHS (high school) MAIN ENTRANCE (the big cement L)

You will need to coordinate rides. We have parents from each school who are willing to help.

WHEN: Next week we will meet only on Wednesday and Thursday from 3:30PM TO 4:30PM
After that time, practices will be Monday, Wednesday, and Thursday from 3:30PM TO 4:30PM

WHO WILL TRAIN US? Coach Hurst: jhurst@limestone310.org (309)840-0899

WHAT DO I NEED: A good pair of running shoes and a current school sports physical

Bring a good attitude and be ready to work hard!

Important dates:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/22 - Thursday</td>
<td>4:30</td>
<td>Parent Meeting LCHS Cafeteria</td>
</tr>
<tr>
<td>8/29 - Thursday</td>
<td>4:30</td>
<td>Pekin Invite</td>
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<tr>
<td>9/10 - Tuesday</td>
<td>4:00</td>
<td>El Paso</td>
</tr>
<tr>
<td>9/17 - Tuesday</td>
<td>4:00</td>
<td>Warrior Invite</td>
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<tr>
<td>9/27 - Friday</td>
<td>4:00</td>
<td>Dunlap invite @ Detweiler</td>
</tr>
<tr>
<td>*10/3 - Thursday</td>
<td>4:30</td>
<td>Alpha Park (Our Invite!)</td>
</tr>
<tr>
<td>*10/5 - Saturday</td>
<td>9:00</td>
<td>Muffley School Decatur IL</td>
</tr>
<tr>
<td>10/12 - Saturday</td>
<td>10:00</td>
<td>Sectionals at Mossville TBA</td>
</tr>
<tr>
<td>10/19 - Saturday</td>
<td>9:30</td>
<td>Maxwell Park, Normal IL (State)</td>
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*4th graders can run!
Please fill out and return to Coach Hurst

Student athlete name: _____________________________________

Emergency contact name and number __________________________    __________________________

Please initial and sign at the places indicated

___ My child has an up-to-date physical at their current school.

___ I will have my child on time to all practices.

___ I will ensure that my child is eating properly and getting enough nutrients in order to participate.

___ I will ensure that my child is drinking PLENTY of water (eliminate soda if possible).

___ I understand that my child will be using crosswalks in order to go to Alpha Park. I will ensure that my child understands and knows how to cross a street properly.

Off Campus Practices and Road Running Waiver Form

I hereby give my consent for ________________________________ to compete in Limestone Walters Co-Op approved off campus practices.

I release Limestone Walters, all Co-Op schools involved in the program, and all its employees and representatives of any liability for my son/daughter as a passenger in a private passenger vehicle for any injury or loss which may occur in transit to and from any practices.

Before a student will be allowed to run on the streets and roadways for athletic training, this waiver must be signed by both the student and his/her parent or guardian.

I hereby give consent for my son/daughter to participate in any athletic conditioning and training programs which may include running off school premises.

I realize that my son/daughter is responsible for using safety precautions in running on the streets and roadways.

I understand that my son/daughter had been informed of appropriate safety rules, including information concerning possible injury and/or death.

Limestone Walters and all Co-Op schools assume no liability for such injuries or death in case of accident.

___________________________________________  ____________________
Student Signature                                      Date

___________________________________________  ____________________
Parent Signature                                      Date