

COACH CALCUTT'S SUMMER YOUTH DISTANCE RUNNERS CLINICS 2011
free instruction and workouts for youth runners grades 5 through 12

Time: 6:30 until 8:00 p.m. (Evening) 12 sessions

remaining session number

8. June 27 Mon at Southland Academy track
9. June 29 Wed at Southland Academy track
10. July 13 Wed at Southland Academy track
11. July 14 Thurs at Southland Academy track
12. July 20 Wed at Southland Academy track final session – fun and awards
August 6 Sat – runners encouraged to compete in the Walter Phelps Memorial 5k and 1 mile run, Leesburg (event information, including cost and forms, to be announced)

We emphasize speed and quality work, strengthening, race preparation, and team concepts suitable for cross country running. There is no “road mileage”. If you are a middle school or high school distance runner looking to improve, this is for you. There is no cost. We will have ice water and first aid kit available. Hydration is important. Please hydrate *before* you arrive. We will work out primarily on grass and trails. Parents are welcome to stay and watch.

WAIVER AND RELEASE: Running is strenuous activity. In consideration of being allowed to participate in this activity, I acknowledge and represent that I recognize the risks of participating in such activity on courses or tracks, and certify that I am healthy enough to do so and do not suffer from any preexisting condition that could prevent me from participating or cause me to suffer injury. I assume all of these risks and accept responsibility for any damages that may be incurred as a result of my participation including any condition of the premises and authorize emergency medical treatment. Further, I HEREBY RELEASE, WAIVE DISCHARGE AND COVENANT NOT TO SUE Southland Academy and its Headmaster, coaches, teachers, officials, Board, the Southland Raider Club, Central Baptist Church, Patrick Calcutt, Calcutt & Calcutt, P.A., and all of their respective agents, attorneys, heirs, next of kin, principals, employees, volunteers and affiliates of and from any claim and any and all liability or cause of action including claims for injury or death or damage to property arising out of my participation in the described activity or use of the premises on which the activity occurs, including any such claim caused in whole or in part by negligence of any released party.

I / WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I / WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HEREBY SIGN IT VOLUNTARILY.

PRINTED NAME OF ATHLETE

SIGNATURE OF PARENT
OR ATHLETE IF 18

DATE:

For more information or a pdf version of this form, contact Calcuttlaw@bellsouth.net