

# 2013 Summer Distance Running Clinics

Join us this summer all you future Cross Country athletes ages 10 and up for our voluntary and fun summer running three days a week from 630 to 800 pm (schedule of dates below). We meet behind the visitor's bleachers at the Southland Academy Track and work out on the adjacent Cross Country Course behind Central Baptist Church. This is the home course for the Southland Academy and GSW Cross Country teams. We always have water, ice and first aid available along with excellent instruction and pizza and candy days. There also will be an end of the summer race with awards and still more pizza. You may attend any or all dates.

**Cost: Free.**

**Dates: May 28 and 30**

**June 3, 4 and 6**

**June 10, 11 and 13**

**June 17, 18 and 20**

**June 24, 25 and 27**

**July 1 and 2**

**July 8**

**July 18**

**July 22, 23 and 25**

**July 29 and 30**

**Aug. 1 (end of summer race and fest)**

**Contact: Coach Calcutt 229-924-3900 at the office or email through the [Southlandacademy.org](http://Southlandacademy.org) school website (click Athletics, sports, cross country) or directly at: Email: [Calcuttlaw@bellsouth.net](mailto:Calcuttlaw@bellsouth.net) Or call or text 727-424-4347. See you this summer – Coach Calcutt.**

Consent, 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 or older)

DATE: