

ACTIVITY PERMIT ELEMENTARY ATHLETICS
2015 – 2016

Cross Country/Track and Field club (Grades k5 - 8) !

This club will introduce kids for mile runs, sprints, hurdles, relays, and other Misc Track and field events. Kids will be registered for Runs at Arrowhead and lake country lutheran in the fall, and a track meet in the spring at arrowhead. Dates for the events will be announced later.

Cost \$30.00 (t-shirt included)

Practices at Hartland North (grade k5 - 2) are 8:00 – 8:30a.m. Thursday and Friday(starts sept 10)

Practices at Hartland South (grade 3 – 5) are 8:00 – 8:30a.m. Tuesday and Friday(starts Sept 11)

Practices at NSMS (grade 6 – 8) are 4:00 – 4:30p.m on Tuesday and Thursday(starts sept 10)

Practices will go till the end of october, and start up again in May.

* * THIS PART TO BE FILLED OUT BY PARENT/LEAGAL GUARDIAN – PLEASE PRINT * *

Student Name: _____ **Teacher/Grade** _____

List any previous injuries: _____

List any physical disabilities: _____

List any allergies: _____

List any Medications _____

Please initial that you understand the following, and then sign below to acknowledge your child's participation.:

_____ *Participating in Elementary School Athletics is a privilege that comes with expectations involving in-school (including the bus and extracurricular activities) behavior, academic effort, and attendance at practices and games. There are several issues that may negatively impact a student's playing time or ultimately, his/her continued participation on the team:*

_____ *Injuries are a natural part of sports. Hartland Lakeside is not responsible for injuries incurred by players during practices and games. Players should be covered by their own insurance.*

_____ *For program promotion purposes, photographs may be taken of participants and posted on the school website and/or brochures and flyers.*

_____ *Concussions are serious! Athletes will be removed from play after any collision or bump to the head, and stay removed from play until a written "return to play" is issued by a Certified Doctor. Hartland Lakeside has provided information on concussions to all parents of athletes.*

I herby give my permission for the above named student to practice and compete in Hartland Lakeside approved sports

Parent/Legal Guardian Signature _____ *Date* _____

RETURN THIS FORM DIRECTLY TO MR NEKICH or Hartland South OFFICE by Friday September 11 2015.

Please visit our website at www.hartlake.org

Sign up online!

Cross Country/Track and Field Club **Information**

- ✧ Kids at Hartland North and South should meet the coach on the playground. Kids at NSMS, can meet by the student lounge. Practice will be moved to indoors if weather is bad.
- ✧ Kids will need: athletic shoes, comfortable clothes to play in (Dress in layers for weather)
- ✧ water bottle/snack optional but encouraged. Please follow the district policy for snacks.