

2009 Boys and Girls SMAC Cross Country Sign Ups Are Now Open!!!

We are looking for 6th-7th and 8th grade boys and girls who are interested in building SMAC through running. What is SMAC??? It stands for **S**trength **M**otivation **A**nd **C**ourage. We build more than athletes that can run fast. SMAC Cross Country goes a step further. We have a welcoming group of youth that build friendships and self confidence through the common interest of running.

Meets

- XC is a fall sport. Meets run from late August to mid-October.
- There are typically 8 meets 2 miles in length - usually held on Saturday mornings.
- Everybody participates and competes.

Practices

- Official practices start in the beginning of August.
- Practices will be held at Symmes Park.
- We will practice 4 days a week to allow flexibility for those in other sports.

Summer Fun

- We will have 3 **optional** fun runs a week starting the 2nd week in third June.
- Having fun is **mandatory**☺
- Summer runs will be tailored to those with different running skills so there will be no need to worry about not having run in a group before.
- If you want to get a taste of what SMAC is about, please feel free to join us on a summer fun run. Just contact a coach for the fun run schedule.

Contacts

Registration (both boys and girls) – Randy Kuvin rskuvin@aol.com 774-0585

- Girls Coach – Mark Holly mholly@cinci.rr.com 583-5313
- Boys Coach - Phil McDonald pammcdonald8@fuse.net 677-5524

All boys and girls are welcome regardless of past athletic experiences. Most come from St. Columban and St. Margaret of York. If you are interested in joining, **GREAT!!!!**
Please fill out the attached registration form and mail to:

Randy Kuvin
4173 Mahogany Lane
Loveland, Ohio 45140

SMAC CROSS COUNTRY REGISTRATION FORM

Please complete the following information: Return form and a \$75 check made payable to **SMAC Running Club** to:

SMAC Cross Country Coordinator
Randy Kuvin
4173 Mahogany Lane
Loveland Ohio 45140

NAME _____ DATE OF BIRTH _____
TELEPHONE _____ GRADE ('09-'10) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

FATHER'S NAME _____ DAYTIME PHONE _____
MOTHER'S NAME _____ DAYTIME PHONE _____

EMAIL ADDRESS _____
SCHOOL ATTENDING _____
Adult Shirt Size _____
Children's Shirt Size _____

Does your child have any medical conditions or require and special medical attention or medication?
Yes () No ()
If yes, please explain. _____

I understand that participating in this sport is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this registration, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to a practice or event, during the practice or event, or while on the premises of the practice or event. I also am aware of and assume all risks associated with participating. I hereby waive, release, and forever discharge the sponsor and coaches and each of the agents, representatives, successors, and assigns, and all other persons associated with SMAC Cross Country and SMAC Running Club, for any and all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this sport. I understand that this waiver includes and claims, whether caused by negligence, the action or inaction of any of the above parties or otherwise.

Athlete Signature

Date

Parent or Guardian Signature

Date