



# Spartan Running Club

For 5<sup>th</sup> to 8<sup>th</sup> Grade Boys and Girls  
Athlete Data & Payment Form

Name: \_\_\_\_\_ Boy or Girl? \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Shirt Size (Y or A): \_\_\_\_\_

Parent/Guardians: \_\_\_\_\_ (and) \_\_\_\_\_

Primary Email: \_\_\_\_\_

Alternate E Mail: \_\_\_\_\_

Grade you'll be this Season: \_\_\_\_\_ School you Attend: \_\_\_\_\_

High School You Plan To Attend: \_\_\_\_\_

Will you also be in any other Club / Sport / Activity? (Y/N) \_\_\_\_\_ If yes, share the activity and briefly describe the typical week of practice/schedule below:

\_\_\_\_\_ - \_\_\_\_\_

Please describe your running experience below (if "none", that is fine!)

\_\_\_\_\_

\_\_\_\_\_  
Runner's Signature

\_\_\_\_\_  
Parent's Signature

**Please Make Payment of \$75 to "Spartan Running Club".**

Mail to:  
**Spartan Running Club**  
c/o Scott Hammer  
1321 Stirling Ct  
West Bend, WI 53095

#### Registration Checklist

- Mail this form with your check for payment.
- Include "Medical History / Consent & Release".
- Include "Participation & Safety Agreement".
- Bookmark [www.westbendwestcc.com](http://www.westbendwestcc.com) and find the Track or CC page for updates & information.

# Spartan Running Club

## Medical History, Informed Consent and Release Form

(to be signed and returned with "Data & Payment" form and "Participation & Safety" Agreement)

### ATHLETE

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION:

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Day Phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_

Cell Phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_

### ATHLETE MEDICAL INFORMATION:

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_

Medical Insurance Carrier: \_\_\_\_\_ Policy or ID: \_\_\_\_\_

Pre-existing Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

Medications currently being taken: \_\_\_\_\_

\_\_\_\_\_

I/we hereby give permission for \_\_\_\_\_ (please print) to participate in the Spartan Running Club for the Spring/Fall 20\_\_\_\_ season(s). I/we assume all risks and hazards incidental to such participation, including transportation to and from activities. Further, I/we authorize the Spartan Running Club coaching staff to seek emergency medical treatment of an injury to or illness of the above-name athlete by qualified medical personnel who might consider treatment necessary. I/we further authorize any qualified, licensed physician to render medical treatment, which in his or her judgment may be deemed necessary in the care of my child.

Finally, I/we hereby waive, release, absolve, indemnify and agree to hold harmless the Spartan Running Club, its organizers, sponsors, coaches, and other participants in the event of an injury to the above-named athlete whether the result of negligence or for any other reason, except to the extent and in the amount covered by accident or liability insurance.

X \_\_\_\_\_  
Signature of Parent or Guardian

Date: \_\_\_\_\_

X \_\_\_\_\_  
Signature of Parent or Guardian

Date: \_\_\_\_\_

# Spartan Running Club

## Participation and Safety Agreement

(to be signed and returned with "Data & Payment" and "Medical/Consent" forms)

### At Practices

- I will arrive on time with proper running shoes and clothes that are suitable for each day's weather conditions.
- I understand that proper hydration is key to a good workout. Hydration is as important BEFORE I come to practice as it is during and after my workout.
- I will participate in a proper warm-up before strenuous activity takes place. I understand that serious injuries can result if I do not follow correct procedures in stretching, running and conditioning.
- I will perform only the runs and skills instructed and supervised by the SRC coaches and volunteers.
- I am responsible for my own behavior while unsupervised both before and after practice.
- I realize that running in a city can be dangerous. I will run ONLY on the route that was prescribed by my coach and will obey ALL pedestrian laws, including proper use of cross walks and traffic signals.
- I will not come to practice with headphones or other devices that block the sound of vehicles or the voices of my coach and teammates.
- I will notify my coach immediately if I feel sick or injured before or during a workout.
- I will never run alone, or leave another club member run alone in distress, during a workout. We will always run in pairs or packs.
- I am responsible to inform my coach by phone or email when I am unable to attend a practice or a meet.
- I realize the "non-running public" occasionally finds it amusing to engage runners in a negative way. I will ignore these individuals and not engage them in any way verbally or physically.
- I will use encouraging words and respectful language when dealing with club members and coaches at ALL TIMES.

### At Meets & Events

- I will arrive at each event at the time identified by my coach and immediately report to the Team Area. If I am even 10 minutes late, I will miss important instructions, the club warm-up, and the course/track inspection. This may mean that I will likely NOT be allowed to participate in the event.
- I realize that a meet is not a place to bring valuables and that I am responsible for lost or stolen items.
- I will treat any uniform or equipment issued to me like it is gold. This includes "micro chips" issued by Timing companies for race results at certain meets.
- I will stay WITH my club members during events I am not participating in and cheer loud and proudly for other Spartans during their races. I will only leave the club group if/when instructed to, or when given permission.
- I will support and encourage all club members in their goal for self improvement before, during and after their race efforts. We are a TEAM.
- Unless discussed with a coach, I realize that I am not free to leave a meet until after all club members have run their race, have all cooled down together, and have returned any "timing chips" issued to me.

I understand that these and other guidelines will be discussed and reviewed during the first week of Spartan Running Club practice and updated if necessary on the club website at [www.westbendwestcc.com](http://www.westbendwestcc.com). I realize that failure to adhere to these standards may result in the loss of club privileges including practices, meets and/or membership.

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Date

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Athlete's Signature

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Date

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Signature of Parent or Legal Guardian