

Denville PAL Striders

Cross Country - Fall 2014

Coach's Email Contact: b.jahminfit@gmail.com

Registration Contact: Barbara Maceira

Application Deadline is Friday, August 31, 2014

Applications received after this date will be subject to a late fee (see below).

Athlete Name: _____

Address (applicants must reside or go to school in Denville):

Birthday: _____ Age as of 12/31/14*: _____

Sex: _____ Grade: _____

Father: _____ Mother: _____

Address: _____

Home Phone: _____ Cell Phone: _____

School: _____

Any pertinent medical conditions, including allergies:

Other children in program:

Email: _____ Alternate Email: _____

If alternate address, home phone, and cell phone, please include at the bottom of this form.

***Athlete's must be 7 or turning 7 by the end of this year, but no older than 15 years old (and not in High School), by 12/31/14. We have had many questions about this in the past. If your child will be turning 15 years old during the Fall cross country season but will be in 8th grade your child may participate.**

Shirts - Please circle athlete's shirt size:

Youth Small

Youth Medium

Youth Large Adult Small

Adult Medium

Adult Large

Adult Ex-Large

It is mandatory for all parents to volunteer throughout the season as marshals on the course for each meet. A sign up sheet will be sent as soon as the XC schedule is posted by the Lakeland League.

Parental Consent

I hereby grant permission for my child to participate in all activities of the Denville Cross Country Program. I assume all other risks and hazards incidental to the conduct of the program activities and transportations to and from program activities. I do further release, absolve, indemnify, and hold harmless organizers, sponsors, field owners, its members, coaches or any of the supervisors appointed by them. I likewise release from my responsibility any person transporting my child to or from program activities.

Parent/ Legal Guardian Signature: _____

Spouse's Name: _____

Print Name Above: _____

Date: _____

FEE: \$35 dollars per child made out to "Denville PAL". For 2 or more children in the program fee is \$70. For registrations received August 31st or later, the fee will be \$50 per child with no guarantee of a shirt. Please write "Cross Country" on memo line. Please mail registration form, waiver, code of conduct and check to:

**Barbara Maceira – Striders XC
111 Cedar Lake East
Denville, NJ 07834**

Track Athletes and Parents Code of Conduct

Denville PAL Striders

Youth athletes who participate as part of the Denville Striders Cross Country Team represent the Denville PAL Community, coaches, and most importantly, their families. We expect Denville Strider athletes to demonstrate *character, high moral standards, leadership, responsibility* for one another, and serve as *role models* for other youth in the community. On and off the field, during practices, and competitions, we expect nothing less than the best standards of behavior from our athletes and families. We must be gracious in victory and accept defeat just as graciously. In addition, for the safety of everyone, we must always look out for one another.

PARENTS CODE OF CONDUCT:

1. Encourage fun and doing their best, not just winning. No one wins all the time; no one. **Emphasize personal bests as a goal.** Teach your child that doing their best is more important than winning, so that your child will never feel defeated by the outcome of a race or his/her overall performance.
2. Help out with the needs of your child's team. Volunteering is mandatory in order for a successful program.
3. Communicate positively with your child's coach and express thanks to him/her outwardly in front of your child. Everyone is a volunteer in this program.
4. Understand and respect your child's capabilities. Embrace who they are right now, not what could be.
5. Listen to your child. If she is telling you she isn't having fun, listen. Do not force your child to participate.
6. Expect and demand professional sportsmanlike conduct from your child at all times. Be a positive role model for your child by encouraging sportsmanship. Demonstrate respect, courtesy, and positive support for all athletes, other parents, coaches, officials and spectators at every meet and practice regardless of race, creed, color, sex or ability. No booing, taunting, refusing to shake hands, or use of profane language or gestures.
7. **Stay off the field unless a coach or a noted volunteer.**
8. Respect the officials and their authority during meets and never question, discuss, or confront coaches at the game field. Take time to speak with coaches at an agreed upon time and place.
9. Teach your child to play by the rules and to resolve conflicts without resorting to hostility, violence, or bullying.
10. Clean up your mess.
11. If your child is in the Sub-Bantam (7-8 year olds) or Bantam (9-10 year olds) age group, a parent or another responsible adult, is required to be present at all practices.
12. Although attending all practices is expected, attending one practice per week is mandatory and cannot be missed for other sports. If not an excused absence, athletes may not participate in the meet for that week.
13. No other sports equipment is to be brought to practices or meets (i.e. lacrosse sticks and balls, soccer balls).

Track Athletes and Parents Code of Conduct Denville PAL Striders

ATHLETES CODE OF CONDUCT:

1. Do your best to make it to every practice and meets and be on time.
2. Arrive at practice and meets ready to listen, work hard, and learn.
3. **Be supportive of all athletes on your team. No gossiping, slandering others on team, or bullying.**
4. **Show respect for coaches, officials, teammates, and opponents.**
5. Learn the rules and always compete by them.
6. Remember, your opponents are necessary friends. Without them, you cannot compete.
7. Use only appropriate language at practice and meets. NO foul language will be tolerated.
8. No matter the outcome of the meet, you will always be a winner if you do your best.
9. Conduct your actions to promote sportsmanship and eliminate horseplay.
10. For safety reasons, do not bring other sports equipment to the practices or meets (i.e. lacrosse sticks and balls, soccer balls).
11. **Have fun!**

*If any athlete's behavior during practice is determined by a coach to pose a danger to themselves or another athlete or coach or is determined to be detrimental to the instructional atmosphere, disrespectful, or unsportsmanlike, the following consequences will take effect (Infractions will be reviewed with the athlete by the head coach):

- 1st instance – verbal warning
- 2nd instance – removal from practice for up to one full practice
- 3rd instance – suspension from the team's next meet.
- 4th instance - dismissal from the team

I have reviewed the above with my child(ren).

Parents' Names
(print) _____

Parent's Signature _____

Parent's Signature _____

Athlete's Signature _____

Athlete's Signature _____

Athlete's Signaure _____

Athlete's Signature _____

Date: _____



Denville Police Athletic League

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Denville Police Athletic League and/or being permitted to enter for any purpose any restricted area (herein defined as any area wherein admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in any activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be unsafe; I will immediately take all precautions to avoid the unsafe area and refuse to participate further.
2. I/We fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in athletic activities which could result in bodily injury, partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from those risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Denville Police Athletic League.
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/We accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Denville Police Athletic League.
4. I/We hereby acknowledge that the activities of the event(s) are very dangerous and involve the risk of serious injury and/or death and/or property damage. The undersigned also expressly acknowledges that any injuries received may be compounded or increased by negligent rescue operations or procedures of the Denville Police Athletic League.
5. The undersigned further expressly agrees that the forgoing release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the law of the State of New Jersey, or the law of the State or Province in which the events are conducted, and that if any portion is held invalid, it is agreed that the balance of the agreement shall, notwithstanding, continue in full legal force and effect.
6. On behalf of the participant and individually, the undersigned parent(s) and/or legal guardian(s) for the minor participant, executes this Waiver and Release. If, despite the release, the participant makes a claim against the Denville Police Athletic League, the parent(s) and or/or legal guardian(s) will reimburse the Denville Police Athletic League for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY, INCLUDING ANY NEGLIGENCE OF THE DENVERVILLE POLICE ATHLETIC LEAGUE, TO THE GREATEST EXTENT ALLOWED BY LAW.

Parent/Guardian Signature: _____ Date: _____

Printed Name of Parent/Guardian: _____

Printed Name of Participant: _____