

# ST. PIUS X SCHOOL TRACK & FIELD



Students in grades 3-8 enrolled at St. Pius X School and/or students registered and active in a Tidewater parish Religious Education program are eligible to participate.

Registration Fee is \$40. Please make checks payable to SPXAA. Any runners that had previously paid for Cross Country this past fall is exempt from this fee.

1ST PRACTICE -THURSDAY MARCH 10TH

**Track & Field** is a VOLUNTEER program. As such, **VIRTUS** trained volunteers are needed to help with coaching, concession, adults to watch over practices (1 parent per practice), and/or team parent. This is an easy and fun way to be involved with your child's activities and earn volunteer hours. **ALL GRADES COMPETE AT EVERY MEET EXCEPT THE ELEMENTARY SCHOOL RACE RESERVED FOR 3RD-5TH GRADE.**

**WATER BOTTLES ARE NEEDED FOR EVERY PRACTICE. THE COACH WILL NOT PROVIDE WATER. RUNNER WILL BE ABLE TO FILL WATER BOTTLES BEFORE LEAVING THE SCHOOL FOR PRACTICE.**

**Please check all areas of interest:**  Practice Adult  Field event Coach

### Meet(Race Days):

March 24  
April 11th  
May 5th (Championship meet)  
May 7th-Elementary Only

\*ALL RACES ARE AT CATHOLIC HIGH\*

### Practices:

Mondays 3:30PM – 5PM  
Thursdays 3:30PM – 5PM  
Saturdays at CHS - TBD

Coaches will pick children up the gym. After school practices will take place in the Larrymore fields. Parents are asked to pick up their children from the Pius breezeway at 5PM.

Name \_\_\_\_\_ ( M / F)Grade \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Parent's Name \_\_\_\_\_ Phone# \_\_\_\_\_

Email \_\_\_\_\_ Medical Condition(s) \_\_\_\_\_

**PLEASE CIRCLE YOUR CHILD'S SHIRT SIZE: YM YL AS AM AL AXL (TO BE WORN W/ BLACK SHORTS)**

### RELEASE OF LIABILITY AND INDEMNIFICATION

As the parent or guardian of \_\_\_\_\_, I understand the sport of Cross Country/Track & Field involves inherent risks of personal injury to my child. I assume all risks of personal injury to my child while participating in Track & Field. In consideration of permission granted in my child by St. Pius X (SPX) to participate, I release SPX, its coaches, volunteers, and/or board members from, and agree to hold harmless from, any claims or damage to my child. I delegate and assign coaches the authority to seek emergency medical care for my child in an emergency. Coaches will exercise such discretion only when a parent or guardian is not reasonably available to give such authority or make such a decision about emergency medical care.

I will discuss any medical conditions or concerns my child has with the coach and/or SPXAA prior to his/her participation and accept all liabilities resulting from any injury related to a pre-existing medical condition and/or physical injury incurred during participation.