



COED CROSS COUNTRY



ATHLETES AGE: 9-14 YEARS OLD

Season runs the week of September 15th through the last week of October

Meet at North Londonderry Municipal Building parking lot at 5:30pm

Two days per week (TBD after registration closes to accommodate participant schedules)

REGISTER BY SEPTEMBER 9TH \$45

NAME: _____ Male _____ Female _____

Age _____ Grade Fall 2025 _____ School District _____

Participant lives with: (circle one) Mother Father Both Joint Other: _____

PARENT(S)/GUARDIAN INFO:

Guardian #1 _____

Name

Address

Best # for messages _____ Best E-Mail to contact: _____

Guardian #2 _____

Name

Address

Best # for messages _____ Best E-Mail to contact: _____

SIBLING playing this sport Name: _____ Grade: _____

Allergies/Health issues: _____

Insurance Provider: _____

I confirm that my child is medically fit to take part in this activity: Y _____ N _____

Family resides in: North Londonderry South Londonderry Palmyra Borough Other

T-Shirt: Youth S(6-8) Youth M(10-12) Youth L(14-16) Adult S Adult M Adult L Adult XL

SHIRTS RUN SMALL

Permission given for photos to be taken/used in Recreation publicity Y _____ N _____

X on days player is NOT AVAILABLE to Practice ___ M ___ T ___ W ___ TH ___ F ___ Sat

COACH AND ASSISTANT COACHES ARE NEEDED. Please complete items below if interested.

Position: HEAD COACH ASSISTANT COACH T-Shirt _____

Name: _____ Phone#: _____

X on days Parent coach/asst coach is NOT AVAILABLE to Practice ___ M ___ T ___ W ___ TH ___ F ___ Sa

TEAM SPONSORS NEEDED - \$135 Donation includes business or organization on the back of the uniforms.

Sponsor Organization/ Business Name _____ Contact Number _____

Please add my email to your PARPC Newsletter list (exclusively PARPC newsletters ONLY) YES or NO

Sponsor to send a pdf of the company's logo to hhershey@palmyrarec.org for t-shirts.

Amt Rec. \$ _____ Cash _____ Check (CK # _____) _____ Coach's Certificate

Palmyra Recreation and Parks Commission (PARPC) (9/09)

WAIVER AND RELEASE FORM

In consideration of being allowed to participate in any way in the Palmyra Area Recreation and Parks Commission athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my/my child's participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself/my child from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release the Palmyra Area Recreation and Parks Commission, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (releasees) with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.
5. I, for myself/my child and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby indemnify and hold harmless all the above releasees from any and all liabilities incidental to my/my child's involvement or participation in these programs.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Parent or Guardian's Signature for
Minors Under Age 18

Minor's Name

Date Signed _____

Palmyra Area Recreation & Parks Commission (PARPC)

PARENTAL CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

I therefore agree: (please initial each line)

- _____ I will not force my child to participate in sports.
- _____ I will remember that children participate to have fun and that the game is for the YOUTH.
- _____ I will inform both PARPC and the coach of any disability or ailments that may affect my child or the safety of others.
- _____ I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect, courtesy and by demonstrating positive support for all players, coaches, officials, PARPC staff and spectators at every game, practice or other events.
- _____ I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- _____ I (and my guests) will respect the officials and their authority during games and will not question, discuss, or confront coaches at the game, and will take time to speak with coaches at an agreed upon time and place.
- _____ I will not encourage any behaviors/practices that would endanger the health/wellbeing of athletes.
- _____ I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of the game or his/her performance.
- _____ I will never ridicule or yell at my child, other participants or officials for making a mistake or losing a competition.
- _____ I will emphasize skill development practices and how they benefit my child over winning and de-emphasize games and competition in the lower age groups.
- _____ I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- _____ I will demand an environment for my child that is free from drugs, tobacco, alcohol and will refrain from their use at all events.
- _____ I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that may include, but is not limited to the following:

- Verbal warning by official, head coach, and/or PARPC staff member
- Written warning
- Parent game suspension with written documentation of incident kept on file.
- One year suspension

Parent/Guardian name: (please print) _____

Parent/Guardian Signature: _____

Date: _____

Child's Name: _____

Sport: _____

