



# COED CROSS COUNTRY



**ATHLETES AGE: 9-14 YEARS OLD**

*Season runs the week of September 11<sup>th</sup> 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 AUGUST 24<sup>th</sup> \$40**

Late fee \$20 August 25<sup>th</sup> to August 31<sup>st</sup>

NAME: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Age \_\_\_\_\_ Grade Fall 2023 \_\_\_\_\_ 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 \_\_\_\_\_

Sponsor to send a pdf of the company's logo to [hhershey@palmyrarec.org](mailto: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: \_\_\_\_\_



## Palmyra Area Recreation and Parks Commission Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The PARPC will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, WHO, as well as the NFHS and PIAA. The PARPC realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed and as new information becomes available in order to decrease the risk of exposure for our staff, program participants, and spectators.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated guidance put forth by the PARPC to limit the exposure and spread of COVID-19 and other communicable diseases.

Sport and Grade \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

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

Athlete Signature: \_\_\_\_\_

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