

## Release Form

**Runner's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

### Publicity Release Form

I give permission to the Saints TC to use my name or my child's name, picture or statement for the purpose of promoting, advertising, and raising money for the Saints Track Club.

\_\_\_\_\_(Initial)

### Parent's Responsibilities

Parents are important to the success of the runner and the track club. Therefore, we ask the parents to observe the following guidelines:

- Maintain a positive attitude.
- During practice all runners are under the supervision, jurisdiction, and guidelines of the coaching staff.
- Insure that the runner is at practice and at meets on time.
- Provide transportation for the runner to and from practice and meets.
- Remain in the seating area at practice and meets.

\_\_\_\_\_(Initial)

### Runner Responsibilities

Runners represent our organization, the coaching staff, their families, and themselves.

We expect all of our runners to observed the following guidelines:

- Use appropriate language at all times.
- Avoid the use of illegal drugs and alcohol.
- Respect others and their property.
- Avoid fighting.
- Respect coaches and their decision.
- Accept constructive feedback.
- Put forth a 100% effort during practice and meets.
- Be on time and stay in assigned areas.
- Eat properly. Junk food (pop, candy, chips, cookies, ect.) is not allowed before or during practice or at meets.
- Attend all practice and meets.
- Compete in assigned or designated events.

\_\_\_\_\_(Initial)

### Medical Conditions

No \_\_\_\_\_

Yes \_\_\_\_\_ Condition \_\_\_\_\_

Medication or Special Attention Required? \_\_\_\_\_

\_\_\_\_\_(Initial)