

Tigers on the Prairie (TOP) Running Camp 2015

Prairie Park on Washington Street in Urbana

8-9 a.m.

Cost: \$25 for the first week includes t-shirt, \$15 per week or \$3 per day after that

Checks payable to Todd Searing / Proceeds support UMS CC and USATF activities

Fee waivers or reductions are available upon request or with lots of attendance

Open to incoming 4th through 8th graders; younger on a case-by-case basis

Days offered (please indicate when you plan to attend as much as possible)

June 1 – 5

June 29 – July 3 (Freedom Celebration 5K)

June 8 – 12 (Cedar Point 5K June 13th)

July 6 - 10

June 15 - 19

July 13 - 17

June 22 – 26

July 20 - 24

The 5K races noted will be group activities but require separate sign up and fees.

Please make note of dates, time, and location and **RETURN THE ENTIRE FORM.**

What to expect and how to be prepared:

Expect to run. Beginners will be able to participate if they are willing to work.

Please make sure the participant is interested. Do not force anyone into running.

Bring a water bottle labeled with your name.

Wear comfortable clothing and shoes sold and intended as running shoes.

Work on jogging regularly for up to 10 minutes to gain confidence and fitness.

Participant information:

Name _____ Male/Female (circle)

Grade level in fall 2014 ____ School building in fall 2014 (open to all) _____

Parent or Guardian name(s) _____

E-mail(s) _____ Phone number(s) _____

How will your child arrive and leave camp? _____

Please describe any running experience your child has had (if I don't already know):

Any known limitations to running _____

***Please schedule your physical with a doctor now if you plan to be in Cross Country at UMS.

QUESTIONS? tsearing@usd116.org or 217-621-4767

Read and sign the required waiver on the back of this page before returning.

Insurance Waiver

In order to participate in this athletic camp in the Urbana Schools, each participant must have a current accident insurance policy in force, which will cover him/her during the entire school year.

Parents who have a current accident insurance policy in force, which covers their student-athlete must file the statement with the high school athletic office.

Disclaimer of Liability

The Urbana School District, its staff, and its athletic department do not assume any liability for any injuries incurred while a student is participating in this sports camp. Students participating in the camp and using the equipment and/or facilities of the Urbana School District do so at his/her own risk. Sports are physical in nature and those who elect to participate must recognize that injuries may occur which could be crippling for life. The Urbana School District and its staff shall not be held liable for any damages arising from personal injury sustained by the participant. The participant and his/her parents assume full responsibility for any damages or injuries which may occur during the camp's activities and so hereby fully and forever exonerate and discharge the Urbana School District, its athletic department, its staff, its Board of Education, employees, and agents from any and all claims, demands, damages, rights of action, causes of action present or future whether the same be known, anticipated, or unanticipated resulting from or arising out of participation in athletics and in the use of school district facilities or while a member of an athletic team camp.

Confirmation of Insurance

I understand the Disclaimer of Liability. I have an insurance policy which covers my son/daughter while engaged in this sport camp offered by the Urbana School District.

Name of insurance company: _____
Policy # _____

Parent Permit

I give permission for my son/daughter to participate in all camp activities except: (Please list any activities for which you do not give permission.)

I will abide by the previously stated stipulations throughout the course of the camp.

Parent signature: _____ Date _____

Student signature: _____ Date _____