

# 2015 Tarpey Cross Country Camps

Get ready for the upcoming Cross Country Season!

Topics to cover: Drills and proper running form, training methods and goal setting.  
Perfect for anyone looking to improve his or her fitness for the upcoming season!



Michael J. Tighe Park, Hayley Pavilion  
(back of the park pavilion on the right side immediately over the bridge)  
Grades 5—8

Session 1: Tuesday & Thursdays; July 14—July 30, 2015; 6:00 p.m.—7:30 p.m.

Session 2: Tuesdays & Thursdays; August 11—August 27, 2015; 6:00 p.m.—7:30 p.m.

Program Fee: \$65.00 per session

Director: Jack Tarpey

- Coaching runners for 3 years
- Assistant XC & Track Coach at Shore Regional High School
- 3 Central Jersey Group I State Championship Teams
- Runner for 15 years.



For more information call the Recreation Office at 732-294-2190. Office Hours are 8:30 a.m. to 4:00 p.m.  
or Register online at [www.freeholdtownshiprec.com](http://www.freeholdtownshiprec.com).

Mail Registration Form to: Freehold Twp. Recreation, 1 Municipal Plaza, Freehold, NJ 07728

Participants Name \_\_\_\_\_ Mandatory Email \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Cell Phone \_\_\_\_\_ Sex: M / F

Age \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_  
(Sept. 2015) (Sept. 2015)

Medical Conditions \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Shirt Size: Child M L Adult S M L XL

Circle Session: Session 1 Session 2 \$65.00 per session Cash/Check/CC # \_\_\_\_\_  
(7/14-7/30) (8/11-8/27) (Credit cards accepted in office or online)

**Code of Conduct on back must be signed by parent and participant for registration to be accepted.**

I understand that my child is participating at his/her own risk. I agree to hold harmless the Township of Freehold, Recreation Commission or authorized agents for any injury he/she may occur by participating. I also acknowledge that my child may be photographed during the program and that Freehold Township reserves the right to utilize all photos and videos taken during any recreation program.

(413)

PARTICIPANT'S SIGNATURE (PARENT OR GUARDIAN IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

**CODE OF CONDUCT**

**The participants, parents or legal guardians of minor participants, coaches and officials of every sports organization shall be required to follow the Code of Conduct, set forth as follows:**

I hereby pledge to be responsible for my words and actions while attending, coaching or participating in a Township sports event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
5. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity.
8. I will not encourage my child, or any other person, to engage in the use of profanity.
9. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
10. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
11. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
13. I will not initiate a fight or scuffle with any coach, parent, player, participant, official of any other attendee.
14. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
15. *I will abide by any decision rendered by the Code of Conduct Committee or the Township Parks and Recreation Commission.*
16. I will be responsible for the behavior of all those attending a Township youth sports event on my child's behalf.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature if participant is under 18

\_\_\_\_\_  
Date

**\*\*If participant is under 18 both signatures are required .  
No registration will be processed without properly completed forms.**