



Trottier Cross Country

September to October

Registration Begins: Monday, August 13, 2018

Registration Ends: Friday, August 31, 2018

- 3 Ways to Register:
1. Online : <http://southborough.recdesk.com>
 2. Mail in form to Recreation Office, 21 Highland Street
 3. Walk-in form to Recreation Office.

Program: Cross Country
Location: Trottier Middle School
Days: Mondays, Wednesdays, and Fridays
Dates: September 5 to October 26, 2018 No make ups.
Time: 2:20 to 3:50 pm on training days. Meet days are until 4:30pm, times vary on away meets
Fee: \$185 Optional Purchase: **\$10 for Team T&F Singlet, if not already own one**
Size: S _____ M _____ L _____

Cross Country running is both a team sport and an effective way to gain overall fitness for other sports. XC is NOT easy. To really enjoy and benefit from this program, athletes should be able to cover 2 miles in less than 20 minutes BEFORE the season starts. Program goals include development of athletic fitness, self confidence, team spirit and commitment to continuous improvement. We train on local trails and neighborhoods varying pace and duration. Destination runs to local "eateries" and weekly meets both home and away sprint training and document progress. Frequent EM communications keep all informed of program details and events. Meets will be on Wednesdays beginning 9/26 with 2 away meets on 9/26 and 10/3.

Participant Name: _____ Bus #: _____ Ext Day after RAP class: Y or N
DOB: _____ Grade: _____ Teacher: _____
Address: _____ Email: _____
Home #: _____ Work #: _____ Cell #: _____

Allergies/medical/special concerns: _____

Check here if you do NOT wish your child to be photographed for publications. _____

- Do not send registrations to school, this will delay your enrollment.
- Make checks payable to "Southborough Recreation".
- No refunds or exchanges except for a doctor's note. A \$20 processing fee will be applied.
- Please pick up promptly, a late fee of \$5 will be assessed 5 minutes after the end of every class.

STUDENT AND PARENT COMMITMENT

My child has my permission to participate in the RAP class selected above. I understand that it is my responsibility to arrange for my child's safe and on time transportation home at the end of class. In the event that the program takes place off school property, I give my child permission to travel to and from the off-site activity in a recreation sponsored vehicle or private vehicle. I further agree to hold the Recreation Commission and the Town of Southborough together with its agents and employees jointly and severally harmless for any injury or accidents sustained during the transport. I agree not to hold responsible the Southborough Recreation Commission; the Town of Southborough; the owners of the premises where the program is held; or any of the parties connected with the program for any injury or accident that may occur during the program. I have read the student behavior policy from the website, regarding participation in any RAP program and have reviewed it with my child. In the event of an emergency, I give authorization for emergency transportation and medical treatment. I understand that I will be notified prior to transport if possible.

Signature Parent/Guardian _____ Date _____