

# INSPIRE RUNNING CLUB

FALL 2019



Do you love to run? Or are you still in the walk phase but want to run?

This group is open to all grades 4-12. Parents are welcome to walk/run with us too, as we work on running skills to gradually be able to compete in local 1ks, 5k, and 10ks as a team and individuals. It is always more fun when you go with friends!

Students age 14 and under will concentrate on the Kids Run the Nation from the Road Runners Club of America running program, while Middle to High School students will have a goal of competing in monthly 5ks. There will be cross-over between these two group of ages /skill level.

Students will earn motivational rewards based upon meeting different running goals.

**Coaching team:** Paige Nace-Head Coach, JC Goodnow, Angela Hoeltke, and TJ Booker

**Additional Coaches needed!**

**Team Manager:** TBA

**Inspire Homeschool Academy:** 678-675-7240

**Cost:** \$50 per year, includes team shirt. Cost of individual race entries is the responsibility of the student.

**Students will need:** Suggested – a good pair of running shoes, a fitness tracker to record distance

**Registration Deadline Due:** Sept 1st

**Registration Event:**

**Forms may be dropped off in person** - Monday, June 10, 17, 24 and July 1<sup>st</sup> from 10 am to 12 noon at Lost Mountain Park, 4845 Dallas Hwy, Powder Springs. We will be in the big covered pavilion when you first enter the park on the right, next to the playground. You can park on the left.

**Or scanned and emailed to** - [inspirehsa@gmail.com](mailto:inspirehsa@gmail.com) and payment made via credit card. An invoice will be sent once your registration for is received. Please note if you are paying in full or making two payments.

**Try-Outs:** There are no try-outs. All who register will make the team. No experience is necessary. You can be a slow runner – or a walker!

**Practices Held:** Date and Time TBA. We are hoping for a time during the day and will meet at different local parks in the area to try out different tracks. We will start the second week of September.

**Races:** Schedule will be provided by team manager. Races will never be mandatory! You can participate if you wish.



**INSPIRE HOMESCHOOL ACADEMY  
2019 RUNNING CLUB  
PARTICIPANT INFORMATION FORM**

Student's Name: \_\_\_\_\_

Name student prefers to be called by (if any): \_\_\_\_\_ Sex: Male Female

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Student's Date of Birth: \_\_\_\_\_ Student's 2019-2020 Grade: \_\_\_\_\_

Parents Names: \_\_\_\_\_

Mom Cell: \_\_\_\_\_ Dad Cell: \_\_\_\_\_

Parent's E-mail address that is checked regularly: \_\_\_\_\_

Student's Email address that is checked regularly: \_\_\_\_\_

Does your child currently attend Inspire Homeschool Academy? Yes \_\_\_ No \_\_\_

Do you plan on attending/applying to Inspire for fall of current school year? \_\_\_ Yes \_\_\_ No

Are there any medical, mental, emotional, social, or academic issues of which we should be aware? If so, please list.

\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_

Does your child require the use of an Epi-Pen? \_\_\_\_\_ If so, Anaphylaxis Action Plan MUST be filled out and kept on file.

Emergency Contact (other than parent) Name: \_\_\_\_\_ Number: \_\_\_\_\_

Relationship to child/parent: \_\_\_\_\_

Does your child have any experience in running/track? If so, please tell us about it. (note: experience is not necessary) \_\_\_\_\_

\_\_\_\_\_

I have attached:

- \$50 Registration/Uniform Fee (Cash/Check/CC) – can be broken up into 2 payments/please add \$10 convenience charge
- ~~Non-Inspire Students Only – Include a \$50 Administration Fee-Waived for this year~~
- Release of Liability for Minor Participants in Sports Form
- Copy of Health Insurance Card (front and back) \*
- Copy of Birth Certificate \*
- Copy of Most Recent Report Card/Transcript \*
- Copy of your most recent Letter of Intent/DOI\* (updated/school yr 2019-2020 will be required when DOI renewed in Sept)
- Sport Exam and Medical Release\* – Due by Sept 15

Items with a \* may be handed in to Team Manager at first practice/camp.



# INSPIRE HOMESCHOOL ACADEMY RELEASE OF LIABILITY FOR MINOR PARTICIPANTS IN SPORTS

**READ BEFORE SIGNING**

IN CONSIDERATION OF (minor child's name) \_\_\_\_\_, my child/ward, being allowed to participate in any way in the (sport) \_\_\_\_\_ related events and activities with Inspire Homeschool Academy, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

- FOR MYSELF, SPOUSE, AND CHILD, 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 child's participation; and,
- I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and,
- I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Inspire Homeschool Academy; its owners, directors, officers, officials, agents, employees, contractors, volunteers, 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 incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
- I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
- I, the parent/guardian, assert that I have explained to my child/ward: the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child/ward understands this agreement.
- In case of a medical emergency, I hereby give permission to Inspire Homeschool Academy Staff, Coaches, Trainers and Volunteers to order treatment for my child, including any necessary medical treatment and x-rays. I also hereby give permission to Inspire Homeschool Academy Staff and Volunteers to disclose the information contained on his/her forms to medical personnel. I agree to pay all medical, hospital, or other expenses which my child or I may incur as a result of such treatment. Inspire Homeschool Academy also does not provide any medical or other insurance protection or benefits for those who participate in their sports program.
- Insurance Waiver - I understand that my child must be covered by medical and/or accident insurance in order to participate in sports and hereby certify that my child is covered for injuries and/or death occurring as a result of participation in, or the practice for, all athletic events as a student in the Inspire Homeschool Academy sports program during the current school year. I also certify that said insurance will be kept in force during the full time that my child engages in the practice for or participation in athletic events during the current school year.

Name of Insurance Company \_\_\_\_\_

Address of Insurance Company \_\_\_\_\_

***I, FOR MYSELF, MY SPOUSE, AND CHILD/WARD, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.***

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

\_\_\_\_\_  
(DATE SIGNED)

### **UNDERSTANDING OR RISK**

*I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.*

\_\_\_\_\_  
(STUDENT PARTICIPANT SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

\_\_\_\_\_  
(DATE SIGNED)