

# Northwestern Youth XC Running Club



Northwestern Cross Country is partnering with local cross country programs to form a new running club for kids called "419 Running Club". The programs that will be working together will be Mapleton, Northwestern, Black River, Crestview, and Ashland. We want to help spread a message that we already know...Running is FUN!!! This year we will offer 2<sup>nd</sup> through 6<sup>th</sup> graders the opportunity to learn and experience the sport of cross country by joining our Middle School and High School teams for an introductory distance running team experience. We will be meeting together with young runners during the summer at each of our locations. During all practices and race sessions, coaches will be present and running with the kids to help them reach their goal while keeping them safe wherever they are at.

So many times we hear younger athletes say things like "I can't run" or "Running isn't fun!" We agree that many times running can be unpleasant or seem hard to do. When people train for other sports they run hard (when they are not used to doing it) and it really isn't fun. Most athletes struggle to learn pacing needed to run beyond ½ a mile when they first begin. We want to help elementary students have fun experiences with running that can lead to a true appreciation and enjoyment of the sport. Did I mention that we plan to have fun running?!?! We will also work on basic form, stretching drills, and light conditioning. This means this camp will help all runners for any sport!

NWXC members will then be able to participate in fun runs at each host site's invitationals, as well as get free entry into some great 5k/fun run events held locally. These events will be a great opportunity for our young runners to come together. Here is a listing of free events for our youth to participate in (subject to change so stay posted!):

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>
Chocolate Milk Chase 5k & Fun Run	June 19	9:00 am	Polk Fire Department
Ashland Balloon Fest	June 25	9:00 am	Ashland Community Stadium
Northwestern Invitational	August 25	4:00 pm	Northwestern High School
Ashland Invitational	September 4	8:30 am	Freer Field (Ashland)
Crestview XC Invitational 1 Mile Run	September 14	4:00pm	Crestview High School
Mapleton XC Invitational 1 Mile Run	October 2	8:30 am	Mapleton High School
Haunted 5k Run/Walk	October 26	6:00 pm	Mapleton High School

## **Practice Dates – PLEASE PAY CLOSE ATTENTION TO MEETING PLACES AND TIMES**

### **June Practices** - Wednesday the 16th, 23rd, & 30th

16th @ Mapleton HS (meet at the track) 10 AM

23rd @Northwestern Elementary (meet at concession stand by ballfields behind the elementary) 9 AM

30th @Crestview (meet at the track) 10am

### **July Practices** - Wednesday the 7th, 14th, 21st, 28th

7th @Crestview (meet at the track) 10 am

14th @Northwestern Elementary (meet at concession stand by ballfields behind the elementary) 9 AM

21st @Ashland (Meet at HS track) @9 am

28th @Mapleton High School Track 10 AM

**Cost –**

There will be a \$40 fee to participate. Club Members will receive a 419 Running Club T-shirt with Northwestern Youth XC credentials and free entry to all events listed above. Fees and forms can be turned in to the elementary front office or sent to Coach Martin (7227 Hiner Rd. Wooster), please **make checks out to: Northwestern Cross Country**.

***All participants of the club will receive a 20% discount to Vertical Runner in Wooster!***

**Requirements –**

All 2<sup>nd</sup> through 6<sup>th</sup> graders wishing to participate must complete the emergency medical form.

**Please pay fees and return Permission Form by our first practice on June 16th at the first practice**

**Staying Connected –**

Stay connected through the Northwestern Cross Country Facebook Page with the latest news and updates for practice and events. We will be reaching out through emails to keep parents updated as well.

The best way to stay caught up is to sign-up for Northwestern Youth XC Remind (a free messaging service, **text @k9hc9 to the number 81010**) for the most up to date reminders about practices and special events.

Please direct all questions to:

Brent Martin

[nrws\\_bmartin@tccsa.net](mailto:nrws_bmartin@tccsa.net)

330-465-3898

Please complete the form below. Return form and payment before the end of school to the elementary front office (Or turn into Coach Martin directly at the middle school). Participants will need to pay fees and turn in the emergency medical form and permission slip by **June 16th**. ***Students will not be allowed to practice unless everything has been turned in!***

  
**NW XC**

# Permission Form

## Risk Statement and Waiver of Release

I, the undersigned, realize that participating in this club naturally presents low level athletic risk (but risk nonetheless). 2<sup>nd</sup> through 6<sup>th</sup> graders should not enter and participate unless they are medically able to do so. I agree to abide by any decisions of the coaches and/or those leading during the meeting times. I release liability with risks associated in running including but not limited to: falls, contact with other participants, the effects of the weather, fatigued muscles, and the conditions of the running routes. All such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself find anyone entitled to act in my behalf, waive and release Northwestern Cross Country Team, Northwestern Athletic Department, Northwestern Local Schools, all sponsors, and any representatives associated with holding the Northwestern Youth Running Club (NWXC) from all claims of liability of any kind arising out of my participation in this club. We also acknowledge that Northwestern Cross Country reserves the right to reject participation as they see fit. Club fees may be non-refundable and will be handled in a case by case review should the need arise.

I give \_\_\_\_\_ my permission to participate in the Northwestern Youth XC Running Club. I will do my best to have my son/daughter in attendance at all practices. I understand that this is an introductory program and that the 419 Running Club and Northwestern Cross Country is not intended to seriously train young athletes at a high level.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Email Address (we will email and communicate information and updates throughout the season)

\_\_\_\_\_

Shirt Size – Youth & Unisex sizes available – (please be specific) - \_\_\_\_\_

