

Please provide a copy of your child's Birth Certificate, Medical Release and a Photo to complete this application.



**FOR OFFICIAL USE ONLY**

I have examined the athlete's Birth Certificate and found it to be consistent with the Date of Birth below

REGISTRAR'S NAME \_\_\_\_\_

Certified by: \_\_\_\_\_

Date \_\_\_\_\_

**CLUB REGISTRATION FORM-CROSS COUNTRY-FALL 2024**

**ATHLETE INFORMATION:**

Gender: M or F  
(Please circle)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Events athletes would like to participate in \_\_\_\_\_ CROSS COUNTRY \_\_\_\_\_

**PARENT OR GUARDIAN'S INFORMATION:**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Relationship \_\_\_\_\_ Home Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Relationship \_\_\_\_\_ Home Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**MEDICAL INSURANCE INFORMATION**

Doctor's Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Insurance Carrier Name \_\_\_\_\_ Policy # \_\_\_\_\_

**CERTIFY:** I am the Parent or Guardian of the above named applicant and the information is true to the best of my knowledge. I also acknowledge the reserved rights of Pearland Speed Track Club and understand that Pearland Speed Track Club **does not** provide Medical Coverage.

Parents Signature: \_\_\_\_\_ Date \_\_\_\_\_

*There is a \$25.00 assessment fee for all returned checks. There is a \$3.50 fee for all debit/credit card transactions.*

**PEARLAND SPEED FEES \$200.00 (XC runners / Conditioning) (Official Use Only): Parents will need to get USATF membership.**

Registration: \$ \_\_\_\_\_ .00 Receipt # \_\_\_\_\_ Age Group: \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Check # \_\_\_\_\_ Balance Due: \_\_\_\_\_

Date Received \_\_\_\_\_ by \_\_\_\_\_



### Parent's Permission and Hold Harmless Form

I, \_\_\_\_\_, hereby give permission for my child, \_\_\_\_\_, to participate in the Pearland Speed Track Club Program. I further release the coaching staff and Pearland Speed Track Club from any responsibility for bodily injury my child may receive while participating in the program. I understand that I am responsible for any medical fees accrued by my child as a result of medical attention. I also grant permission to Pearland Speed Track Club's president, and/or his/her designee, to complete all registration documents required by the United States Track and Field Association and the Amateur Athletic Union for participation in local, district and national meets, if I have agreed to my child's participation and I am unavailable to complete the required documents.

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

\_\_\_\_\_  
Date



## Fall 2024 Cross Country Schedule

### Practices Times

**Tuesday & Thursday 5:30pm – 6:30pm**

Some weekend practices as well.

### Tentative Cross Country Meets around the Houston Area

- September 07, 2024 – Chance for Hope – Pearland Towne Center (FUN RUN)
- Sept. 21, 2024 - **Track Houston - Hermann Park** (TBD)
- Sept. 28, 2024 - **Track Houston - Rushing Park**
- Sept. 27 - 28, 2024 – **Nike XC Invitational – Woodlands** (Middle School 27<sup>th</sup> (FRI) – HS 28<sup>th</sup> (Sat))
- Oct. 05, 2024 – **Hay Bale - Nottingham Park**
- Oct. 12, 2024 - **Katy Express - Rushing Park**

### SCHOOL FALL BREAK OCT. 13 – 19<sup>th</sup>

- Oct. 26<sup>th</sup>, 2024 – West U Halloween 5k and Kids 1 – Mile (FUN RUN)
- Nov. 09, 2024 - **Texas Youth Cross Country State Championship** (Middle School 8th Grade and Under) - Nottingham Park

### Regionals Meet

- Nov. XX, 2024 - USATF Regional Cross Country Meet
- Nov. XX, 2024 - AAU Regional Cross Country Meet

### National Meets

- Dec. XX, 2024 AAU Cross Country Championship – Location TBD
- Dec. XX, 2024 USATF Cross Country Championship - Location TBD



**INTERNET RELEASE FORM**

***FOR PUBLISHING ATHLETES PICTURES ON PEARLAND SPEED WEB SITE***

**Pearland Speed Track Club** is proud to feature our athletes for the community to enjoy. With your permission, we would like to publish your child's first name, last name, event participating in, and photograph on our Web site.

I understand that the purpose of sharing this information electronically is to inform our community of the Outstanding Performances of our athletes.

I give my permission for the following information about my child to be displayed on Pearland Speed's Web site.

Please indicate your preference by checking the appropriate spaces below.

My child's first and last name.

My child's photograph

My child's individual or team event.

I do not give permission to use my child's name or photograph for internet publishing purposes.

Signature of Parent or Guardian: \_\_\_\_\_

(Please print the information below)

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Date \_\_\_\_\_



**MEDICAL RELEASE FORM**

*Please Print*

**Applicant's Name:** \_\_\_\_\_  
(Last) (First) (MI)

**SEX:** M F      **Birthdate:** \_\_\_\_\_      **Age:** \_\_\_\_\_

**Cleared without restriction**

**Cleared, with recommendations for further evaluation or treatment for:**

**Not Cleared**  
**Reason:** \_\_\_\_\_

**RECOMMENDATIONS:**

**Allergies:**

\_\_\_\_\_  
**Physician's Name (print or type)**

\_\_\_\_\_  
**Physician's Phone Number**

\_\_\_\_\_  
**Signature of Physician**



If student has already completed a physical for this year, submit a copy with application.

### TEAM Pearland Speed

WE need you to be a part of TEAM Pearland Speed! Our hard working coaches will be there each week to provide our youth athletes with quality training, and sound instruction. Pearland Speed needs volunteers to take an active role to help us reach and surpass team goals.

Please review the list below and signup for at least ONE area to become an involved parent/grandparent of the team. A brief description of each are of service is listed below. Simply *circle* your choices and someone will be in contact with you.

**Parent Communication Specialist-** Responsible for communicating with the parents via email, texts and in person vital team information relating to practice times, meet times and other athlete related information.

**Track Moms:** Responsible for ensuring all athletes are accounted for at all times during track meets; both under the tent and in the stands; accompanies younger athletes to the restroom; helps with snack preparation and distribution

**Track Dads:** Responsible for all tents being erected at the beginning of track meets and taken down at the end of track meets, ensure all team coolers are placed in the stands and removed from the stands once the track meet is over; assists the coach when needed.

**Video/Photography:** Responsible for videoing team events and taking digital pictures, to be uploaded to the team website and shared with our team and supporters

**Website:** Responsible for assisting with the design, implementation, and updates of the team website

**Travel Coordinator:** Assist track club with travel arrangements and itineraries

**Fundraising Coordinator:** Responsible for planning and organizing fundraising activities for the team

\_\_\_\_\_  
*Parents Name*

\_\_\_\_\_  
*Childs Name*

\_\_\_\_\_  
*Phone #*

\_\_\_\_\_  
*Date*

*Best Time to Contact* \_\_\_\_\_



### **Pearland Speed Cross Country Coaching Staff**

Coach	Ron Hatter	202-210-2029
Coach	James Lyles	713-410-5941
Coach	Jorge Mercado	832-273-1715
Coach	Kemond Davis	832-724-3272

### **Pearland Speed Track Club Additional Staff**

Team Treasurer	Yolanda Lyles	713-503-6410
Team Secretary	Dwalah Fisher	281-610-5931
Team Trainer	A'jai Malone	661-808-9329



## Parents Points of Power

**Please make sure that your athlete has the proper running shoes and a pair of “warm-ups”.**

Your child should bring his/her “warm-ups” to practice and to meets at ALL TIMES, no matter how hot you think it may be. The weather may change quite suddenly and we want our athletes to be prepared for such changes.

**Please make sure that your athlete brings a drink to each practice.**

*WATER IS THE PREFERRED DRINK*, although drinks such as PowerAde and Gatorade are acceptable. *SODAS ARE NOT ACCEPTABLE*. Also, begin to encourage your athlete to drink at least 8 - 8oz glasses of water per day.

**Athletes should not eat for at least two (2) hours prior to practice, although it is preferred that the athlete stop eating at least three (3) hours prior to practice.**

As we begin training, minimize the intake of sweets and fast foods. However, you should also begin to evaluate your athlete’s diet more carefully. The diet should contain approximately a twenty percent protein (i.e., meats, eggs, fish, chicken, beans, dairy products, etc.), twenty percent fat (i.e., butter, red meats, plant and fish oils, etc.) and 60 percent carbohydrate (i.e., rice, wheat, corn, potatoes, bread, pasta, fruit, etc.) split. Most importantly, eat a lot of different foods such as vegetables, fruits, fish, meats, dairy produce and grains. Also, grill, steam or bake foods, avoid boiling and frying.

**As the track meets begin, make sure that you communicate with your child’s coach; know what time your athlete is expected to compete; what time he/she needs to arrive at the meet, etc.**

Note that all times provided will be approximate times due to the “rolling schedules” at the majority of the meets. Therefore, you must use your judgment to evaluate how long it will take to get to the meet; earlier is always better.

**Athletes should bring drinks (preferably water), fruit, sandwiches (no cheese or mayonnaise), and healthy snack foods to each meet.**

Milk products should be eaten at least three hours prior to the meet, otherwise they should be avoided. Athletes should not be allowed to eat nachos, hotdogs, etc. from the local concessions until they have completed all of their running events.

Welcome to the Pearland Speed Track Club. Take pride because you have entered this program on the ground floor. It’s off to the RACES.

If you have any questions or concerns, please contact the staff.