

# Ready, Set, Run!

**Mondays and Thursdays**  
**January 7 - March 28, 2019**

No class on 1/21  
& 2/18



Ready, Set, Run is a youth fitness training program originally designed by the National Alliance of Youth Sports. This fun and engaging 12 week program has two goals. This first is to prepare all of the participants to run and complete a 5K at the end of 12 weeks. The second goal is to build confidence through learning how to set and accomplish fitness goals. Ready, Set, Run is way more than just a regular exercise routine. It is a complete youth character building experience!

**TIME: 4:30 p.m. - 5:30 p.m.**

**WHERE: Worcester County Recreation Center**

**OPEN TO: Ages 8-13**

**COST: \$15**

**REGISTRATION: Complete registration form on the back. Mail form with payment to Worcester County Department of Recreation & Parks or stop by the Recreation Center.**

**All payments must be received prior to participation.**

**Make checks payable to: Worcester County**



**This youth program is Sponsored by the  
Ocean City/Berlin Optimist Club**



Contact Mike Hedlesky for more information at 410-632-2144 x2509  
or [mhedlesky@co.worcester.md.us](mailto:mhedlesky@co.worcester.md.us)



[www.WorcesterRecandParks.org](http://www.WorcesterRecandParks.org)

# Youth Registration Form

Please use a separate registration form for each participant under 18.

Worcester County Ready, Set, Run Winter 2019

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ School Attending: \_\_\_\_\_ Grade: \_\_\_\_\_

Circle T-Shirt Size:    YS (6-8)    YM (10-12)    YL (14-16)    AS    AM    AL    AXL    AXXL

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Daytime/Cell: \_\_\_\_\_

Do you wish to be a volunteer : \_\_\_\_\_ E-mail: \_\_\_\_\_



Please check here if you would like to receive email announcements on future programs from Worcester County Recreation & Parks.

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

The undersigned, intending to be legally bound for myself and on behalf of my child, as well as, my heirs, and personal representatives do hereby indemnify, release and discharge the County Commissioners of Worcester County, its representatives, employees, contractors, volunteers, and successors and assigns (herein after called "Indemnities"), from any and all liability for injuries, death or damages and from any and all loss, claim, or injuries to my child or to my property, of any kind, arising in any way out of my child's participation in this program. My child has permission to travel with a coach and/or adult volunteer to away games as part of the Worcester County Recreation & Parks Department's Youth Program. I agree that I will defend, indemnify and hold harmless each and every one of the Indemnities against all claims, demands and causes of action including court costs and attorney's fees directly or indirectly from any action or other proceeding arising in any way from participation by my child in the program. This indemnity, waiver release extends to all claims whether foreseen, unforeseen, known or unknown. I have full knowledge of the risks involved in this program. My child is physically able and has sufficient training for participation in this program. I hereby authorize medical treatment, at my expense, for my child in the event of an injury or illness during the program. I acknowledge that the County provides no insurance protecting my child. If pictures are taken during the program, I authorize the use of these photos for publicity purposes. The staff of Worcester County Department of Recreation & Parks is committed to providing reasonable accommodations to all participants. If you have special needs, please notify the Worcester County Department of Recreation & Parks at 410.632.2144 so that we can plan accordingly for these needs. We cannot guarantee that your request will be met unless the Worcester County Department of Recreation & Parks is notified in advance. Worcester County Department of Recreation & Parks reserves the right to cancel a program or division which does not meet certain requirements.

If the staff of the Worcester County Department of Recreation & Parks cancels an entire program, the staff will refund all monies. All refund payments will be paid in the form of a county check issued to the payer. Other cancellations on the part of the participant will be refundable as long as it occurs before the program start date or within 2 weeks after the start of a program for a 12-week programs.

Other cancellations on the part of the participant will be refundable as long as it occurs before the program start date or after one program session for a 6-week program or summer camp program.

Cancellations made by a participant after the above stated timeline will be non-refundable. If a participant is suspended from a program due to inappropriate behavioral, no refund will be given for that program. If a medical condition arises that prohibits a participant's ability to participate in the program, a refund will be issued only if a doctor's note is submitted to the staff at the Recreation Center and a prorated percentage of the registration fee will be refunded. For example, if half of the program has occurred, a participant will only be refunded half of the registration fee.

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Office Use Only

Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Cash, Chk, or CC # \_\_\_\_\_ Initials: \_\_\_\_\_ Receipt # \_\_\_\_\_ CAF: \_\_\_\_\_