

YOU CAN ALSO FILL THIS OUT AND SEND  
IT IN WITH YOUR CHILD:

Date:

Name:

Address:

Email:

Phone:

Parents Name:

Grade:

Age:

Sex:

People who can pick your child up:

Notes/Allergies:

WHAT THE SCHOOL WILL NEED:)

**EMERGENCY MEDICAL INFORMATION FORM**

INSURANCE COMPANY: \_\_\_\_\_

POLICY #: \_\_\_\_\_

Name and phone number of persons to be  
contacted in case of an emergency (other than  
parents) \_\_\_\_\_

PHONE: \_\_\_\_\_

Please sign the statement below if you wish for  
your child to participate in the school's program.

I approve of my child's participation in the  
Freeman School District No. 358 athletic program,  
and I will assume all financial responsibilities not  
covered by my child's **school or private  
insurance** for injuries received while training for  
or playing in athletic games. I also give my  
permission for **emergency treatment of an  
injury by any physician designated by a school  
official.**

PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**REQUEST FOR WAIVER OF SCHOOL  
ACCIDENT PLAN COVERAGE**

I UNDERSTAND THAT MY SON/DAUGHTER  
CANNOT PARTICIPATE IN AFTER SCHOOL  
ATHLETICS UNLES HE/SHE IS COVERED  
BY THE SCHOOL ACCIDENT COVERAGE  
PLAN OR OUR FAMILY PLAN WHICH  
CLOSELY MEETS THE FOLLOWING  
COVERAGE PROVISIONS:

1. **Minimum** death benefit of \$2,500 2. **Medical**  
coverage of costs of medical payment for any one  
injury of \$25,000 3. **Coverage** equivalent to the  
Washington State Industrial Insurance Fee  
Schedule for Doctor's services of hospitalization  
with a 30-day minimum for the latter 4. **Minimum**  
X-rays of up to \$200 5. **Dental** coverage of up to  
\$200 per tooth

My son/daughter is covered by **private insurance**,  
and **I** will continue to keep it in force throughout  
the sports season. PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

I have purchased **school insurance coverage**.

PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

# FREEMAN

## TRACK & FIELD CLINIC



3DAY CLINIC

**Ages: K-6th Grade**

**Date: May 28-30, 2013**

**Time: After School til 5:00**

**Cost: \$20**

**Includes Freeman Sports Water bottle  
snacks, & training.**

# What Will You Learn?

To Ensure your child gets his or her Freeman Sport Water Bottle at the clinic, please register by May 25th, 2013. If you register late, Water bottles will be mailed.

<http://xc.wufoo.com/forms/3-day-running-clinic/>

You will also need to fill out an insurance form for the school. It is attached to this brochure, or you can print out a copy on the online registration form. You can print it out and send it with your child the first day.

\*\*Please make checks payable to Freeman High School, with XC in the memo\*\*

## Questions:

Email: [cbknot@me.com](mailto:cbknot@me.com) (Robyn Doloughan, Head Freeman XC Coach, Assistant Track Coach)

Call: 509-220-2964 (Cell)

\*Clinic put on by Samm Strothman (XC - Captain)

## Tuesday, May 28

### Day 1: Intro to Running/Track/Field

**3:00** Registration, Introduction to coaches  
**3:20** Divide into groups  
Talk with kids about running, track, meet their group leader  
**3:30** Dynamic Stretching  
**3:45** Break into groups Start event rotations  
**4:45** Static Stretching  
**5:00** Snack

## Wednesday, May 29

### Day 2: Track/Field Day

**3:00** Get together with groups  
**3:10** Ask about soreness, etc. How their day was, etc.  
**3:15** Dynamic stretching  
**3:30** Track events - Rotate through events with group  
**4:30** Stretching  
**4:45** Meet with Coach to decide events for Thursday.  
**5:00** Snack

\*\*Events: Sprints, Hurdles (5th, 6th intro), High Jump (6th intro), Middle distance, Relays, Long Jump, Shot put, Discus, Turbo Javs. & More.



## Thursday, May 30

### Day 3 - TRACK MEET

**3:00** Dynamic stretching as Team  
**3:15-3:30** Track meet starts  
**3:30-5:00** Track meet  
**5:00** Snack

\*This may go longer than 5:00, however if you child catches the activity bus, we will make sure they are on it.

\*At the meet everyone is a winner. Because of the age group differences, we will try to run same age kids together. We will discuss the importance of improving yourself, and your own time or throw.