

Mustang Running Club/Cross Country

Facebook Page: Mustang Cross Country

August, 2023

Dear Parents,

Your student is interested in joining the Margarita Middle School running club/cross country team. We need to pass some important information along to you about the policies and procedures of this club/team.

The running club is just for fun for those who do not wish to compete. The cross country team will prepare to compete in middle school cross country meets. The competition team will be selected from the running club based on desire to compete, consistent attendance, participation during practice and on a try-out basis for each meet. We will all meet and run at the same time as one group. The try outs for the meets will consist of running one of our regular routes, and the top runners to finish under the given qualifying time will qualify to compete in each meet. Meet entry fees will then be collected from each competitor. Students who qualify to attend the meets will be bused to the meets. Parents are encouraged to attend the meets to watch their runner compete.

Schedule

September 5 Team meeting and first practice, 6:45 am
September 14 Sign up deadline – no new sign ups after this date
September 26 Tryouts for Vail Ranch Invitational (during practice)
October 4 Vail Ranch Invitational Vail Ranch Middle School, 9 am-11:45am (1.9 mile course)
October 19 Tryouts for Beaumont Invitational (during practice)
October 26 Beaumont Invitational (TBD) 9am-11:30 am (2 mile course)
November 2 Tryouts for Diamond Valley Invitational (during practice)
November 7 Last day of running club/practice
November 9 Diamond Valley Invitational, Hemet 8 am-1:30 pm (2 mile course)

End of the season. Pizza party and team pictures week of Nov 13-17

We will be running on Tuesday and Thursday mornings before school at 6:45 am, rain or shine. Some days we will stay on campus for practice or inside during inclement weather, and some days we will run a 2-3+ mile course off campus. MMS coaches will supervise the students when we leave campus and we will be gone at most 30-40 minutes.

Parents are more than welcome to come and run with us! After practice, at 7:45 am, we will open the locker rooms so the runners can get ready for school.

We will need all runners to be able to run a 10 minute mile without stopping before we will allow them to run off campus. Any student who does not follow our off campus road running safety instructions will no longer be allowed to run off campus due to safety concerns.

Please make sure your runner eats before coming to practice. Also, runners should bring a full water bottle to practice as there are no working drinking fountains on the field. Runners should **come dressed to run** as the locker rooms will not be open before practice, only after practice.

If you have any concerns or questions, please do not hesitate to call or e mail me. (LFrick@tvusd.us) Please let me know if there are any health concerns we need to be aware of.

Be sure to visit our Facebook group: [Margarita Mustang Cross Country](#).



Donations are always accepted to help cover the costs of the t shirts and end of season pizza party.

Thank you for your support. Please sign the bottom of this letter and have your son/daughter return it to us along with the following pages:

- hold harmless agreement
- media release form

You may keep the first page of this letter.

Sincerely,

Ms. Frick
695-7370 x4086
LFrick@tvusd.us

Please consider joining our private Facebook Group: Margarita Mustang Cross Country
Meet pictures, results and general information is posted there.

Parent signature

Date

Comments:

HOLD HARMLESS AND INDEMNIFICATION AGREEMENT

BETWEEN

TEMECULA VALLEY UNIFIED SCHOOL DISTRICT

AND

Name of Participant

FOR PARTICIPATION IN

Mustang Running Club and Cross Country Team

Participation in the aforementioned activity is strictly voluntary. The student participant of the Mustang Running Club and Cross Country Team mentioned above agree by virtue of their signature(s) (below) they will hereby agree to indemnify, defend, save and hold harmless the Temecula Valley Unified School District, its officers, agents, servants and employees, of and from all liability, claims, workers' compensation claims, demands, debts, suits, actions and causes of action, including wrongful death, personal injury, person property and reasonable attorney fees for the defense thereof, arising out of or in any matter connected with the participation, performance or any act or deed under or pursuant to the terms and provisions of this agreement by such indemnifying party, or its officers, agents, servants and employees. This agreement remains in effect through **November 30, 2023**

Additionally, the student participant, by virtue of their signature below agrees to abide by the rules put forth in the Student Handbook and/or Board Policy regarding their student/participant behavior during the aforementioned Activity.

By: _____
Student/Participant Signature

Date: _____

Parent Signature

Date: _____

Margarita Middle School

Cross Country Media Release Form 2023

Students who participate in cross country are often photographed. These photographs are used for promoting the team's efforts on a hallway bulletin board, the Margarita Cross Country Facebook page, the school yearbook and the school's website. However, we cannot use your child's photograph on any website without your consent. If you choose to withhold consent, your child's name or photo will not be released for publication on the school's website or on the Mustang Facebook page.

Please check one of the following:

_____ **I give permission** for my child to have his/her name and or picture released for publication on the school's website.

_____ **I wish to withhold permission** for my son/daughter to have his/her name and/or picture released for publication on the school's website.

Parent signature

Student name

Date