 **NCA Hawks RUNNING CLUB**

Strengthening Athletes From START to FINISH

Sign up before:  **Friday September 13th**

The NCA Hawks Running Club is a running program for girls and boys grades 3rd through 12th.  This program encourages healthy physical, emotional, and social development. Athletes walk away from the program with a sense of accomplishment, skills to enhance their self-esteem, and a “CAN DO” attitude.  The program combines training for a 5k (3.1 mile) run with uplifting workouts.

Our program begins **Monday, September 16th from 3:25-4:15**.   If you have questions about the program, you can contact Coach Wagar or Coach Leys  via email wagarc@northcentralacademy.net  or leysm@northcentralacademy.net , or through our school phone 231-584-2080.

**Registration for NCA Hawks Running Club**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Age:\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_

Date of birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In case of emergency, we should contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number of emergency contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-shirt size (please circle):   **Youth**  SM   Med Lg      or **Adult** SM Med Lg

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ give permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to participate in NCA Hawks Running Club.  I understand this is a non-competitive running program designed for athletes grade 3rd-12th. Along with physical workouts, coaches provide targeted discussions on certain topics (character education, personal safety, healthy eating habits, etc.), in order to prepare athletes for a lifetime of self-respect and healthy living.  Practices will encourage positive emotional, social, mental, and physical development.

**Registration:**  $30 per athlete program fee

Please make checks payable to **North Central Academy**

This fee guarantees each athlete a t-shirt, participation in the CIS 5k race and snacks for each practice.

**Please return the completed form to the front office by September 13th.**