



2012 Fond du Lac Cross Country Offsite Practice Permission/ Waiver

The intent of this form is to provide athletes with an opportunity to add variety to their training by integrating different training sites into the daily workout routine. Differentiated running surfaces and venues help athletes enhance their strength and speed. Hills, trail surfaces, and varied terrain lead to enhanced leg and foot strength, improved biomotor skills, and decrease the risk of injury while also preventing mental burnout. Ultimately, these beneficial training techniques are proven to lead to higher peak performance in endurance athletes.

Parents and athletes will be notified at least one week before an offsite practice that requires transportation.

I agree to the terms of this waiver and give my daughter/ son permission to participate in practice for the Fond du Lac Cross Country Team at the following offsite locations:

Buttermilk Creek Park	Kiekhaefer Park	Lakeside Park
Horicon Marsh (Waupan)	Paul Butzen Memorial Park	McDermott Park
Adelaide Park	FDL Soccer Complex	Theisen Middle
Goodrich / Zimmerman	Camelot	Overland Heights
Peebles /Praire Trail	Wild Goose Trail	Mascouten Trail
Mauthe Lake	Greenbush Trails	Hobbs Woods

I also give permission to allow my son/daughter to drive his or her own vehicle or be transported by another student by motor vehicle to the offsite location and back to Fond du Lac High School if necessary.

I for myself and son/daughter and anyone entitled to act on my behalf or son's/daughter's behalf, waive and release Fond du Lac High School, the Fond du Lac School District, its coaches, students, staff, and administrators from any liability of claims of injury, illness, or property damage which my son/daughter sustains and/or causes during his/her participation in this event or which is in any way related to this event, and all their representatives and successors from all claims or liabilities of any kind arising out of participation in this event.

Parent/Guardian's Signature

Print Athlete's Name

Parent/Guardian's Address

Parent/Guardian's Telephone

Date

