

# Directions

## Coles Crossing Community Center:

Barker Cypress North from 290. You will cross Jarvis Rd. and you will see the community center at the corner of Jarvis Rd. and Barker Cypress Rd. We will meet in the parking lot past the community pool

## Spring Creek Park :

Take Telge Rd south to HWY 2920 and turn Right. You will travel East on 2920 for about .5 miles and make a left at the first right (Park Rd), take Park Rd until it hits Brown Rd. Make a Right and you will see the park on your left. Enter the park and you will see restroom on your right. We will meet there.

## Program Breakdown

- Monday – Coles Crossing Community Center
- Tuesday – Coles Crossing Community Center
- Wednesday – Spring Creek Park
- Thursday – Coles Crossing Community Center
- Friday – Coles Crossing Community Center

Weekend runs will be provided to you. You will do these in small groups on your own.

\*\*\* IN THE EVENT OF BAD WEATHER, UPDATED PRACTICE INFORMATION WILL BE POSTED BY 5:30 ON DAYS THAT THERE IS POSSIBLE BAD WEATHER ON MY WEB SITE or via text msg:

[WWW.WILDCATRUNNING.NET](http://WWW.WILDCATRUNNING.NET)

→ In addition, e-mails will be sent by 5:30 each day concerning practice and bad weather days.

→ **Practice Times will be at 6:45 AM every morning Monday – Friday.**

→ **Each Session will last approximately 90 minutes.**



## North Cypress Running Club 4th Annual

## Cross Country Preparation Training Program



**Held in the fine community  
of Cypress, Texas**

**The training program is open to  
All boys and girls, of all abilities,  
from middle school athletes  
to those entering their  
senior year**

**June 15 – August 7, 2010  
(7 Weeks (35 Days), No Workouts  
the first week in July (July 6-10))**

# North Cypress Running Club

## PARENT OR GUARDIANS AGREEMENT OF WAIVER OF LIABILITY AND MEDICAL RELEASE

(FOR USE BY ADULTS DURING SPECIAL EVENTS AND ACTIVITIES IF THE PARTICIPANT IS UNDER THE AGE OF 18.)

The undersigned parent or natural guardian or legal guardian does hereby acknowledge that he/she is aware of the dangers involved in participating in the North Cypress Cross Country Preparation Training Program.

Said undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees on behalf of the next of kin, successors, and assigns, to:

- Waive, release, and discharge from any and all liability for participant's death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to participant and his/her estate, the North Cypress Running Club, and all of its coaches; and
- hold harmless the North Cypress Running Club, its coaches, and employees from and against any and all liabilities and claims made by other individuals or entities as a result of participant's participation or actions during this activity or event.

The undersigned further consents to and authorizes medical treatment to the participant which may be deemed advisable in the event of injury, accident, or illness during this activity or event.

This release and waiver shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I certify that \_\_\_\_\_ has my permission to participate in the North Cypress Program. I further certify that the above student/player has medical insurance in case of an emergency. I authorize the program staff to act for me according to their best judgment in any emergency requiring medical attention. I release and hold harmless all NCRC staff, coaches, directors, agents, and affiliates, from and against any liability, injury sustained, damage to or loss of personal property arising directly or indirectly while enrolled in this program with the North Cypress Running Club.

I, the undersigned, acknowledge that I have read and understand the above release.

Athlete \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Guardian signature \_\_\_\_\_ date \_\_\_\_\_

E-Mail \_\_\_\_\_

## Program Features

- The human body and running
- Strength training sessions
- Nutrition Sessions
- Goal setting and motivation
- Development of your training
- practice and training guidelines
- group training

## Program Staff

The program is under the direction of Gregory and Molly Zarate, USA Track & Field Certified Coaches. Both have participated and coached at the collegiate levels (Texas Lutheran University and Texas State University). Both Gregory and Molly Zarate have Bachelors and Master Degrees in Exercise and Sports Science from Texas State University.

## What to Bring

Participants should bring their running shoes, training clothes daily, towel (optional), sunscreen, and anything else that they deem necessary. Water will be available for all participants. If you choose to bring your own water, that will be acceptable.

## General Information

The philosophy of the Cross Country Summer Preparation program is to encourage and prepare serious Cross Country runners for their upcoming Cross Country and Track Seasons. The Cross Country Summer Preparation Program is intended for any high school or middle school student who desires to learn more about competitive running. The purpose of the program is to educate all participants about the developmental process of running and racing at a high level. The Cross Country Preparation Program will expose the participants to the education, physical training, and most importantly, motivation that will jump start their season and to help them achieve their goals. The physical training will be designed to enhance the runners' endurance base as they continue their pre-season training. We hope that these, combined with lots of motivation and fun, will lead our participants to success in the fall Cross Country season and Spring Track season. This is an excellent preparation for the season that will begin in a few short weeks.

## Program Goals

- Participants will improve their knowledge of distance running and training.
- Athletes will learn drills that are distance specific.
- Athletes will be inspired to reach their potential.
- Athletes will be given information on goal setting and mental preparation for distance running.
- Athletes will learn about team running and the team aspects of Cross Country.
- Athletes will learn about injury prevention of running injuries

## Cost for 7 Week Program

\$100.00 non-refundable fee will cover all expenses associated with the summer long preparation program.

- Fee due by June 7th, 2010
- Make Checks Payable to Molly Zarate
- Contact info: [gregory.zarate@cfisd.net](mailto:gregory.zarate@cfisd.net)

North Cypress Running Club  
4th Annual

Cross Country Preparation  
Training Program

