

RUNNING RAIDERS GUIDELINES

Running Raiders practices are on Mondays and Wednesdays from 2:30 to 3:25 (practice days are subject to change). After the end of 8th period, all RRs must change into their RR team shirt, in the locker room and meet the coaches on the blacktop. RRs may not wear street clothes or non-issued attire. The BMMS staff has requested that we are easy to spot for safety reasons. Academy students will substitute their 9th period PE class with Running Raiders cross-country practice but must check-in for attendance with their PE teacher.

We will participate in multiple cross-country meets: Bernardo Heights MS, Oak Valley MS, Twin Peaks MS, All San Diego Meet at Mount Carmel High School, and we will host a meet at BMMS. Transportation will not be provided so please make arrangements for your parents to bring you or carpool with another teammate.

Please sign-up on the website at raiders.beattyplace.com or e-mail coach Ned Beatty at ned@beattyplace.com with the following information by **8/29/18**: Runner's first and last name, email address, grade level and Parent's first and last name, e-mail address, phone number.

Please thoroughly review the Running Raiders guidelines/team shirt order form and sign and return the bottom portion of this form at our first practice **8/29/18**.

1. I will be on time to practice dressed in the appropriate workout attire.
2. I will be respectful to my coaches, student managers, teammates, and represent BMMS with great sportsmanship at all meets.
3. I will give my best at every practice.
4. I will always run with a buddy.
5. I will always put school first.

-----**Sign and Return with Attached PTA Waiver**-----

I will follow the BMMS Running Raiders guidelines and understand if I don't it will be up to the coaches' discretion to suspend or eliminate me from the team.

Photo Release – I grant permission to BMMS PTSA to use images (photographs, video, and digital images) of my child to promote current and future Running Raiders Programs. By this authorization, I hereby release the BMMS PTSA from all claims and liability relating to these images.

Student signature

Parent signature

Print student name

Print parent name

I enclosed a check written for \$11.00 to BMMS PTSA for the RR team shirt size: _____
(Youth) Size: YM YL YXL (Regular) Size: XS S M L (Lady): LXS LS LM LL

For financial assistance, please contact Coach Ned Beatty at ned@beattyplace.com

For internal use: Check No. _____