



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Y SPEED

## YMCA YOUTH RUNNING CLUB

It's time to throw on your running shoes and be the first members of our brand new youth running club! The Hopkins County Family YMCA is starting a running club to focus on all ages of runners with the option to participate in USATF-sanctioned (USA Track & Field) meets.

The goal of Y Speed is to help kids learn about running in a fun atmosphere with peers from various schools. As a club, Y Speed will participate in local, regional, and national events. The program offers youth the opportunity to improve their running ability, while having a chance to learn from some of the most experienced coaches in the area. The purpose of this program is to give youth, who would like to improve their abilities past the regular season, an opportunity to train with others in the area and surrounding counties. It allows them to team up and represent Western Kentucky at the Regional, State and National USATF Championships. Giving the individual an opportunity to strive to improve the best of his or her ability a chance to receive coaching will help them reach their goals.

### **PRACTICES:**

To begin once weather permits (participants will be contacted by the YMCA before first practice)

### **TIMES:**

TBD (practices will be held during after school hours)

### **FEE:**

(Payment due at first practice)  
Members - \$20/month  
Non-Members - \$40/month

### **AGES**

Boys and girls; ages 6 to 18 years

### **REQUIRED ITEMS**

The YMCA provides a running club shirt. Water bottles, athletic attire for all weather conditions and running shoes are needed.



**The Hopkins County Family YMCA believes that every child is of promise. Therefore, no one is denied Y services due to inability to pay. Please call 821-YMCA for information on financial assistance.**

## IMPORTANT INFO FOR PARENTS

**Practice:** Begins once weather permits (parents will be contacted by the Y before the first practice)

**Times:** To Be Determined (practices will be held during after school hours)

**Ages:** Boys & Girls, ages 6 to 18

**Required Items:** Water bottle, athletic attire for all weather conditions & running shoes

**Fee:** Members \$20/month; Non-Members \$40/month (payment due at first practice)

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*(please cut off registration form & give top portion to parent)*

## Y SPEED YOUTH RUNNING CLUB

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City State Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ DOB \_\_\_\_\_

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

**Please circle: MEMBER \$20/month      NON \$40/month**

**SHIRT SIZE:      Youth: YS YM YL      Adult: S M L**

### PARTICIPATION RELEASE

I release the Hopkins County Family YMCA, its coaches and officials from all claims of injury which may be sustained by above child while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Hopkins County Family YMCA Parents Code of Ethics. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date