**\*\*All practice times will be Monday 3:30-4:30pm & Saturday’s from 9:00-10:00 am at the Energy Wellness Center**

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**Beulah Parks and Recreation**

**Kids Cross Country**

**Grades Kindergarten thru 6th grade**

**Practice starts Monday September 30th**

Monday’s 3:30-4:30 pm and Saturday’s 9:00-10:00 am $25.00 a player

**Season runs September 30th – October 26th, 2019**

Register on-line at [www.beulahparks.com](http://www.beulahparks.com) or return registration forms with payment to the Energy Wellness Center-1900 Central Ave North, Beulah

**Return bottom portion**

I agree to release the City of Beulah, the Beulah Parks and Recreation, and all their employees of related accidents of injuries which myself of a member of my family might incur while participating in the above stated activity, I also give permission for emergency medical procedures to be administered if I cannot be contacted in the event of an emergency.

Child’s Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Shirt Size:** Youth Size S M L Adult sizes: S M L

Like us on Facebook at “Beulah Parks and Recreation” and “Energy Wellness Center”