

# 2010 Bishop Dunne Catholic School Cross Country / Running Club

“HOME OF THE FALCONS”

**\*\*CROSS COUNTRY STATE CHAMPIONS 1999, 2000, 2001**

**\*\*15 TRACK GIRLS STATE CHAMPIONS**

**\*\*16 TRACK BOYS STATE CHAMPIONS**

**Enrollment Policies**

- All club members must have a current physical and must be covered by medical insurance.
- Club members who cannot abide by club rules will be sent home.

**All Practices are on the Bishop Dunne Catholic School Track**

**Dates: Rain or Shine**

Wednesdays and Thursdays:

September 29, 30, 5:00 – 6:15pm

October 6, 7, 13, 14, 20, 21, 5:00 – 6:15pm

**\*For Girls and Boys in the 5<sup>th</sup> – 8<sup>th</sup> grade that will compete in the DPL Cross Country Meets**

**\*Directed by Stephen Guerrero and the Bishop Dunne Cross Country Coaches and Runners**

**\*Your school Athletic Director is responsible for entering you in the DPL Cross Country Meets**

Club Includes:	Form Running for Distance Runners	Christian Setting
	Fundamental Running Skills	Speed Training
	Agility Skills	Fun
	Basics and Advance Skills	Individual Instruction
	Bishop Dunne Cross Country/Track Runners	Trail Running
	Running Races and Games	Age and Ability Grouping
	Cardiovascular Training	Inspirational Messages

Email Coach Stephen Guerrero at [sguerrero@bdhs.org](mailto:sguerrero@bdhs.org) or call 214-339-6561 ext. 244 for more information.

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**2010 Bishop Dunne Catholic School  
Cross Country / Running Club Registration Form**

**Mail to: Bishop Dunne Cross Country - Stephen Guerrero - 3900 Rugged Dr. - Dallas, TX 75224**

NAME \_\_\_\_\_ GRADE (FALL '2010) \_\_\_\_\_

EXPERIENCE (Circle) Beginner Intermediate Advanced

CURRENT SCHOOL \_\_\_\_\_ AGE \_\_\_\_\_

PARENT'S / GUARDIAN'S NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT# \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

\*In Case of Emergency HOME PHONE \_\_\_\_\_ WORK / CELL PHONE \_\_\_\_\_

Name of Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

### **Parental Consent**

I certify that my child has been examined by a physician and found to be in good health and able to compete in this club without restriction. Furthermore, I authorize the directors of the Bishop Dunne Catholic School Running Club to act for me according to their best judgment in an emergency requiring medical attention if I cannot be reached. I hereby release the Bishop Dunne Catholic School Cross Country Staff, Bishop Dunne Catholic School, and the Diocese of Dallas from all claims in case of injury or illness to my child while attending the club.

**Parent's / Guardian's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# ***Dallas Parochial League Cross Country Schedule 2010***

<u>Day</u>	<u>Date</u>	<u>Time Schedule</u>	<u>Location</u>
Saturday	October 2	7:30 a.m. JV (5 <sup>th</sup> /6 <sup>th</sup> ) 8:15 a.m. Varsity (7 <sup>th</sup> /8 <sup>th</sup> )	Norbuck Park
<i>Saturday</i>	<i>October 9</i>	<i>7:30 a.m. JV (5<sup>th</sup>/6<sup>th</sup>) 8:15 a.m. Varsity (7<sup>th</sup>/8<sup>th</sup>)</i>	<i>Bishop Dunne</i>
<i>Saturday</i>	<i>October 23</i> <b>Championship Meet</b>	<i>7:30 a.m. JV (5<sup>th</sup>/6<sup>th</sup>) 8:15 a.m. Varsity (7<sup>th</sup>/8<sup>th</sup>)</i>	<i>Bishop Dunne</i>

\* Meets will begin at the times posted above. Coaches and athletes should arrive no less than 30 minutes prior to the meet to register and warm-up.

\*Please plan ahead, all DPL rules regarding entries, eligibility, and participation will be strictly enforced.

**\*Your school Athletic Director is responsible for entering you in the DPL Cross Country Meets**