



SPEED TO BURN TRACK CLUB

Track Club Programs

Non-Competing Athletes: \$450

Athletes will receive a solid introduction to the sport including instruction on running technique, speed and agility training, and weekly track workouts. Athletes will also receive a Speed To Burn Track Club warm up suit.

Competing Athletes: \$475

In addition to the training described above, competing athletes will receive an additional hour of instruction each week in their specific events. This program also includes USATF membership, meet fees, a uniform, and warm ups.

Payment Options:

1. Pay in full now
2. For competing athletes, pay \$250 now, and \$225 by March 1st, 2012
3. For non-competing athletes, pay \$225 now, and \$225 by March 1st, 2012
4. Request credit card billing through Paypal (full payment due by January 29th and will include a processing fee of \$15)

Sibling discount of \$50 will be given for each additional family member registered.

** Practices for all athletes will be held at Cathedral Catholic High School on Sundays, beginning February 26th, from 2:00-4:00. Competing athletes will have an additional hour of training each week, from 4:00-5:00. An optional mid-week training session will be held at Carmel Knolls Park on Wednesday evenings beginning sometime in March.



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Athlete Registration 2012

Athlete Name: _____ Date of Birth: _____ Gender: M F

Address: _____ City: _____ Zip Code: _____

Email Address(es): _____

Mother's Name: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Father's Name: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Emergency Contact: _____

Phone: _____ Alternate Phone: _____

Please list any known medical conditions or allergies: _____

Does athlete play any other sports? Yes No

If yes, which sport(s)? _____

Singlet Size: YS YM YL WS MS WM MM WL ML

Shorts Size: YS YM YL AS AM AL

Jacket Size: YS YM YL AS AM AL

Pants Size: YS YM YL AS AM AL

Payment: \$475 paid in full Date paid: _____ Method of payment: _____

OR

Payment 1: \$250 Date paid: _____ Method of payment: _____

Payment 2: \$225 due by 3/1/12 Date paid: _____ Method of payment: _____





SPEED TO BURN TRACK CLUB

Parental Consent and Release of Liability Agreement

Please read the following information carefully before signing.

As the parent or guardian, I certify that _____ has my consent and permission to participate in the regular practices and/or training sessions for the **Speed To Burn Track Club**.

Authorization to Approve Medical Care

I/We do hereby delegate to **Speed To Burn, Inc.**, its employees, trainers, subcontractors or agents the authority to seek, obtain, and approve any medical care and treatment which is deemed advisable by, and is to be rendered under the general supervision of any physician or surgeon, for the above-named minor, which, in their judgment, is necessary for the health and well-being of said minor during his participation in the **Speed To Burn Track Club**. This approval is for minor treatment, first aid and onsite care by a trainer as well as any more substantial or emergency care onsite or at local healthcare facilities.

I/We assign payment to those medical vendors for all services that these same medical vendors may render. It is understood that this authorization is given in advance of any specific diagnosis, or treatment or medical care being required and is to serve as specific consent to any and all such diagnoses, treatment or hospital care which may be deemed advisable. I/We agree to hold **Speed To Burn, Inc.**, its employees or agents harmless for any liability arising out of any good faith action taken in and obtaining medical treatment for the above-named minor.

Indemnification and Hold Harmless

In consideration of the participant in the **Speed To Burn Track Club**, the undersigned parent/guardian hereby releases and holds harmless **Cathedral Catholic High School**, and its employees, agents or subcontractors and **Speed To Burn, Inc.**, and its employees, trainers, subcontractors or agents from any and all liability occurring during the participation of the undersigned child. In particular, the undersigned parent/guardian acknowledges that he/she and such child will not hold **Cathedral Catholic High School** or **Speed To Burn, Inc.** liable for any expenses, property damages, personal injuries and/or death sustained by such child while participating in the **Speed To Burn Track Club**. Furthermore, the undersigned parent/guardian acknowledges that he/she is physically capable to participate, is aware of and understands the inherent risks involved in such activity, and is prepared to assume, on behalf of such child and himself/herself, all of such risks as his/her and the child's sole responsibility.

The terms and conditions of this Agreement shall be legally binding upon the undersigned parent/guardian and such child and his/her respective estate, representative and assigns.

Parent/Guardian Signature

Date

Track Meet Tips

Please keep the following in mind for all track meets.

How to be comfortable at a track meet.

Track meets are all day events. Be sure to bring items to keep comfortable. We suggest homework, magazines, newspaper, books, portable games, MP3/CD players and radios to help pass the time.

Pack a cooler with late breakfast snacks and lunch type foods. Include fruit, sandwiches, favorite foods, snacks, water, and sports drinks. Please DO NOT give the athletes soda; we do not want them to be dehydrated. Remember the hand sanitizer, trash bags, napkins, paper plates and plastic ware.

Use sunscreen and wear hats or visors. (You may want to bring an umbrella along.)

Don't forget cash, in case there's something you want from the concession stand.

The weather in the early season is unpredictable. Consider bringing jackets, light blankets, or even hot drinks for the morning. If you have small stadium chairs bring them along too.

Remember to bring your camera, so you can capture the moment.

Things you need to know.

Competition in the running and field events are conducted at the same time. Athletes need to listen for their event to be announced. Coaches will instruct athletes on the field check in procedures. If an event is missed, it cannot be made up.

Athletes are limited to 3 or 4 events based on their birth year/division.

Events are conducted in the order listed on the track meet information flyer. We cannot give you an exact time of when your events will start.

If parents have an occasion to leave the track meet, please partner with another parent to watch your child.

Try not to crowd the finish line, and please do not stand at the railing for prolonged periods of time.

Be sure to take your athlete to the restroom before their scheduled event, especially if they are young.

All campuses request NO sunflower seeds in the stadium (and of course no smoking).

Parents should not be on the field or track. Coaches and staff are allowed limited time, but they may not coach while on the field.



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USATF Membership

In order to compete, athletes must submit a USATF Membership application each year.

This form can be downloaded from the following link,

<http://www.usatf.org/membership/application/forms/USATFMembershipApplication.pdf>.

We will submit all of our athletes' membership applications together, so please complete the form and turn it in to Speed To Burn with your registration paperwork. **You do not need to write a check to USA TF, as your membership fee is included in your Speed To Burn Track Club registration fee.**

If you aren't sure what your previous USATF membership number is, just leave it blank and we can look it up. **Please remember to sign the form.**