



The Grizzly Track Club is an organization focused on training and preparing high school athletes for upcoming sports. It is open to students from all schools. Members are responsible for joining USATF through 2020 (cost is \$20 per year) and for paying the club fees for each session in which they will participate. They must also complete and return the Parental Permission: Health Authorization: Release Form.

For the winter 2019-2020 session there will be three training options, each of which has a separate \$50 fee.

➤ **Session 1 – Sprints Training**

**M/W/F 3:30-5:00, 20 sessions beginning December 2<sup>nd</sup>**

These workouts on the track will focus on preparing athletes for the sprinting events by concentrating on acceleration and power training. Proper technique and mechanics will be emphasized.

➤ **Session 2 – Strength Training**

**Tu/Th 6:00-7:00, 14 sessions beginning December 3<sup>rd</sup>**

These workouts will be in the weight room and are for athletes in all events. Workouts will be designed to accommodate athletes of all levels with the goal of improving strength and durability for the upcoming season.

➤ **Session 3 – Pole Vault Camp**

**Wednesdays 6:30-8:00, 6 sessions on Dec. 4/11/18 and Jan. 8/15/22**

This camp will be for both beginners learning to vault for the first time as well as returning vaulters who are looking to improve their technique.

USATF Membership Info.

1. Go to <https://www.usatf.org/membership/application/>
2. Go to “New Membership” area
3. Fill out “Name” “Home Address” and “Personal Information” sections
4. Under “USATF Registered Club” type in 491 for club number
5. For “Sports Codes” check both track events and field events
6. In “Membership Categories” select Athlete
7. Click “Next” at the bottom to go to the verification page
8. Select “Checkout” to submit payment information
9. Write down your USATF member number for future reference

Athlete Name: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Participating in (check all that apply):

Session 1 Sprints - \$50

Session 2 Strength Training - \$50

Session 3 Pole Vault Camp - \$50

Total Amount Owed (\$50 for each session): \_\_\_\_\_

GTC checklist to turn in

- Copy of 2020 USATF membership confirmation e-mail with USATF number on it
- Parental Permission: Health Authorization: Release Form filled out and signed
- Check made payable to **Grizzly Track Club**
- This form

# Grizzly Track Club

## Parental Permission: Health Authorization: Release Form

Child's Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_  
(Street, city, zip)

School \_\_\_\_\_ Grade \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent / Guardians Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_  
(Street, city, zip)

### IN CASE OF EMERGENCY, NOTIFY PERSON OTHER THAN PARENT / GUARDIAN

Name \_\_\_\_\_ Phone \_\_\_\_\_



### HEALTH AND MEDICAL INFORMATION

**Family Physician** \_\_\_\_\_ **Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Medical Plan** \_\_\_\_\_ **Plan Number** \_\_\_\_\_

Do you authorize the adult leader to authorize medical treatment for your child in an emergency, considered necessary by the attending physician?  Yes  No

State any reasons why you do not want medical care given to your child in an emergency: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List all conditions (such as allergies, seizures,) for which your child requires ongoing medication and state the type of medication given \_\_\_\_\_

\_\_\_\_\_

Has your child had difficulty with the following (circle all that apply)

- |             |                 |             |          |           |
|-------------|-----------------|-------------|----------|-----------|
| Asthma      | Fainting Spells | Convulsions | Diabetes | Heart     |
| Eyes        | Ears Nose       | Throat      | Lungs    | Digestion |
| Other _____ |                 |             |          |           |

List any physical restriction for any sport activity on the basis of medical condition \_\_\_\_\_

\_\_\_\_\_

State the date of your child's last physical examination \_\_\_\_\_

\_\_\_\_\_

**PARENTAL PERMISSION & ACKNOWLEDGEMENT OF  
CONDITIONS FOR PARTICIPATION IN PROGRAM**

1. I/we, parent or authorized guardian of the child named give permission for his/her participation in all activities and practices of the Grizzly Track Club.
2. I/we agree to direct my/our child to cooperate and comply with reasonable directions and instructions from Grizzly Track Club staff or adult volunteer coaches.
3. I/we agree to be responsible for all medical expenses relating to injury of my / our child as a result of his/her participation in any activity whether or not caused by the negligence of the Grizzly Track Club employees, agents or volunteers or other participants.
4. I/we understand that children competing in athletic and recreational sports programs risk injury to the body, psyche or property damage to themselves and others. Such injuries can be caused by teammates other persons or accidentally or intentionally self inflicted, faulty equipment or facilities, conditions of recreational facilities or the schools where sports activities are held, vehicle accidents while in transport or through the activity itself. Protective equipment used in a sports activity is not a safeguard against injury.

**RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

In consideration for being permitted to participate in the sports activities of the Grizzly Track Club, use the equipment provided and to enter the premises or facilities of the Grizzly Track Club for any purpose including observation and participation in activities, the parent or guardian for himself or herself and any successors in interest and on behalf of the minor child agrees:

1. To release , waive, discharge and promise not to sue the Grizzly Track Club and its affiliated entities, its officers, directors, employees, agents and volunteers (hereafter referred to as " Releases") from all liability for any loss or damage, and any claim or demands therefor on account of serious or mortal injury to the body, injury to psyche or property of the minor child, or undersigned parent or guardian, whether caused by negligence or other conduct by the Releases while the minor child, parent or guardian is participating in Grizzly Track Club sports activities or in , upon or about the premises of the Grizzly Track Club or any of its facilities or equipment.
2. To indemnify and hold harmless the Releases from any loss, liability, damage or cost it may occur due to the presence of the minor child, parent or guardian in, upon or about the premises of the Grizzly Track Club, its facilities or equipment, or while participating in any Grizzly Track Club sports activities whether caused by the negligence of Releases or otherwise.
3. That the parent or guardian has read this agreement, voluntarily signs the Agreement and that no oral representation, statements, or inducements apart from the contents of this written Agreement have been made.

**I have read this Agreement and understand everything written above.**

\_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent or Guardian