**SPLIT CITY SONICS TRACK & FIELD CLUB**

**SPRING/SUMMER 2019 REGISTRATION FORM**

Please complete and hand in your registration form along with fees at the first practice Wednesday Apr. 3 5:30-6:30 at the Servus Sports Center Mike’s Oilfield Fieldhouse.

Head Coach: Karl Meissner

Assistant Coaches: Jaimee Springer, Beth Nerbas

**Age Group Fees**

Pee Wee (2008-09) $350.00 Youth (2002-03) $400.00

Bantam (2006-07) $350.00 Junior (2000-01) $400.00

Midget (2004-05) $400.00 Senior (1999 & older) $400.00

\*\*Athletics Alberta Fees: $65-$115 depending on age group. Please complete your Athletics

Alberta Registration online at athleticsalberta.com. \*\***You must complete you Athletics**

**Alberta Registration in order to train and compete with Split City Sonics. If you have paid your AA fees for the indoor season, you are covered until December 2019 so you do NOT have to register again. \*\*\***

**Other costs:** Participation in meets is optional, but subject to coach approval, provided you

attend practices regularly. Club Singlets are available for purchase. They must be worn when

competing at meets. Talk to your coach if you need a singlet.

**Practice Times and Location:** All practices are at the Lloyd Comp High School Track. Check Facebook page for updates or cancellations due to weather. We also use a Team Snap App and Twitter for communication.

**Tuesday:** 5:00-6:30pm **Thursday:** 5:00-6:30pm **Sunday:** 4:30-6:00pm

**Practice Plan:** All practices have a standard group warmup so please be on time. Athletes will

work together on running technique and then break into groups to work on running, jumping

and throwing events.

**Event Training Offered:**

**Running:** sprints, middle and long distances, hurdles

**Jumps:** Long jump, high jump, triple jump (for midget and older)

**Throws:** shot put, discus, javelin, hammer throw

**Equipment:**

Weather appropriate running attire (dress in layers on cool and rainy days)

Good quality running shoes, Water Bottle

SPLIT CITY SONICS TRACK & FIELD CLUB

MEMBERSHIP APPLICATION AND RELEASE FORM

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M / F

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

Phone : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group:\_\_\_\_\_\_\_\_

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

Parent e-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Heath Care Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(participant) hereby acknowledge the risk of injury in the activities conducted by the Split City Sonics Track and Field Club and accordingly, in consideration of being granted eligible participation in practices,activities and competitions attended by the members of the club, I consent and agree that I will not make any claim for injury or damages against the Split City Sonics Track and Field Club, its coordinators, or its members, its volunteers, its officials, its coaches or its employees, while taking part in or traveling to an activity, regardless of

where the club activity is being conducted, howsoever such injury and/or damage may be occasioned whether or

not such injury/damage is in any way whatsoever due to any negligent act, breach of duty, default or omission on

the part of the Split City Sonics Track & Field Club, its coordinators, its members, its volunteers, its officials, its

coaches or its employees.

**I AGREE THAT I WILL BE PARTICIPATING IN THE ACTIVITIES OF THE SPLIT CITY SONICS TRACK & FIELD CLUB**

**UPON THE DISTINCT UNDERSTANDING THAT I DO SO ENTIRELY AT MY OWN RISK**.

1) The undersigned participant must state any health condition that may be adversely affected by physical

activity.

2) The undersigned participant is responsible for **timely** payment of annual dues to the club for registration and apparel and will maintain a current membership with Athletics Alberta.

3) The Split City Sonics Track & Field Club reserves the right to refuse or terminate participation of any

participant at any time with just cause.

4) The Split City Sonics Track & Field Club reserves the right to restrict an athlete’s attendance at meets if

he/she fails to commit to a minimum number of practices per week.

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By signing this release form, I document with my signature that I have read, that I understand and that I agree with its contents completely.

Participant Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Permission to Publish**

The Split City Sonics will be communicating with the local papers and publishing track material on the club website. The Split City Sonics only shares the membership list with the Split City executive and coaching staff. This list will include member’s name, contact names (ie parents), email addresses, addresses, telephone numbers and Athletics Alberta numbers.

In order to comply with privacy acts, the Split City Sonics requires the permission of a parent or guardian

to publish names and/or pictures of legal minors.

Please fill out the following information and submit it to the registrar.

**Complete this section if you are the Parent/Guardian of an athlete who is under age 18.**

Please complete the areas below indicating that you give permission to the Split City Sonics Track and

Field Club to publish your child’s/ward’s name and/or picture, in relation to the club’s activities, during

the track season from April 2018 – Aug 2018.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, parent or guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

who is a member of the Split City Sonics Track and Field Club, give permission to the Split City Sonics to

publish the name and/or picture of my child/ward in any club publications or press releases related to

usual track and field or club activities.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_