**SPLIT CITY SONICS TRACK & FIELD CLUB**

**OUTDOOR 2023 REGISTRATION FORM**

Please complete, scan and return email to splitcitysonics@gmail.com or print and bring with you to the first practice.**Please complete and hand in your registration forms and fees on registration night.**

Head Coach: Karl Meissner

Assistant Coach: Jaimee Lougheed

President/Treasurer: Melissa Sparks

**Split City Sonics Track Club Registration Fees - Age Group Fees (circle one)**

Peewee U12 (2013-2012)$425 Junior U20 (2005-2004) $475

Bantam U14 (2011-2010) $425 Senior / Open (2003 & older) $475

Midget U16 (2009-2008) $425

Youth U18 (2007- 2006) $475

**The Split City Sonic Registration fee paid for the 2023 season is based on the age the child is at registration in April 2023.**

Membership Fees Paid $\_\_\_\_\_\_\_\_\_\_Singlet Fee Paid $\_\_\_\_\_\_\_\_\_\_ Fees paid by $\_\_\_\_\_\_\_\_\_\_

Receipt needed? Yes or no (circle one)

I have a current Athletics Alberta Membership # \_\_\_\_\_\_\_\_\_\_\_\_

Payment can be made by cheque ( Split City Sonics ), cash, or e transfer (use splitcitysonics@gmail.com, auto deposit enabled, please put athlete’s name in message )

**Athletics Alberta Fees:** You must register also with Athletics Alberta. You can do a season registration or an annual registration. This is very important as Athletes are covered by insurance through Athletics Alberta. This is mandatory for all members and must be completed at time of registration. The cost is $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.**

**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. Singlets are $50 each.

**Practice Times and Location:** Lloydminster Composite High School

**Tuesday:** 5:00-6:30 pm

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

**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:**

Much of the focus for the first month will be on conditioning and strength training before event specific training begins.

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

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

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

MEMBERSHIP APPLICATION AND RELEASE FORM

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

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

Athlete Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Parent e-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 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. This includes unsportsmanlike or disrespectful behaviour by the athlete or their family members.

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

**Communication**

Coaches communicate with athletes and parents through our Split City Sonics Facebook Group and Team Snap. Please make sure you are signed up with Team Snap and join both groups. Last minute practice changes, meet technical packages and general updates are posted there.

**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 2023-Aug 2023.

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_