

LANGLEY MUSTANGS TRACK & FIELD GREEN LEVEL REGISTRATION For 2010

LEVEL GREEN Training Group

Ages 9-13

The Green Group is a non-competitive program for those athletes that who would like to try track and field for the first time or who want more of a recreational experience.

The purpose of this group is to develop a general foundational level of fitness and to enjoy the sport of track and field while learning about the various events. Participants will receive coaching from junior coaches with the head coach providing guidance as needed. The plan will ensure that athletes will be provided with a regular rotation of one session a week in the following events- high jump, hurdles, middle distance, shot put, long jump, and sprints.

There are no attendance rules for practices or track meets. Athletes are encouraged to have fun and participate as often as they choose.

Training Sessions will be Tuesdays and Thursdays at the track at MacLeod Athletic Park. Practice begins in Tuesday, March 16h and ends with our own meet, the Pacific Invitational hosted at McLeod Athletic Park (MAP) June18th- 20th.

Competitions: Athletes are encouraged to attend 2 pre-selected meets during the year, one of which is the Pacific Invitational Begin in mid-June.

Event Fees: The club will pay for 3 events for these two track meets. If the athlete wishes to compete in more meets, they will have the option of paying for those events or upgrading and joining the RED GROUP.

"Fundraising: each athlete is expected to contribute a minimum of \$50 through fundraising activities organized by the Mustangs coaching and executive. Monies raised will go towards the purchase and maintenance of equipment."

All athletes will receive a Langley Mustangs Track T-shirt.

Application Form

DECLARATION: (Must be signed by parent or guardian)

I have read the information on membership and agree with the terms as set down.
I would like my child to become a member of the Langley Mustangs GREEN training Group

Signed _____ Date _____

Athlete's Last Name _____ First Name _____

Address _____ Postal Code _____

Home Telephone _____ Cell Telephone _____

Parent's email _____ Athlete's email _____

Members Date of Birth (YY/MM/DD) _____ M/F _____ Grade _____

School Attending _____ BC Athletics # _____

Mother's Name _____ Work Phone _____

Father's Name _____ Work Phone _____

Emergency Contact _____ Phone _____

Care Card Number _____

Family Physician _____ Phone _____

Please note any health problem, physical handicap, emotional difficulty, behaviour problem, or other factors that may limit full participation in the Langley Mustangs.

List any medications, prescription or over-the-counter, taken on a regular basis. Note dosages and medication scheduling.

In case of an emergency, I hereby give permission to the physician selected by the coaches/officials of the Langley Mustangs to provide the necessary treatment for my child.

The responsibility of Sport Safety must be shared by all. I the undersigned am aware there is certain risk of injury involved in my own or my child's participation in sport, either while travelling to or from the event, or while attending or participating in the programs or activities of the events which are sanctioned/approved by the Langley Mustangs Track & Field Club. It is

understood that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk or injury by so participating.

Parent/Guardian Signature _____ Date _____
Sport Safety Acknowledgement of Risk

Registration and Information:

Please enclose the following with this application:

- Completed and signed club membership form, the Athlete Code of Conduct Guidelines and BC Athletics Application form.
- One cheque payable to the Langley Mustangs to cover club membership fee, and BC Athletics fee, and uniform fee (required for competitions)
- \$50 Fund Raising Cheque (to be returned after fundraising commitment is fulfilled)
- \$200 Volunteer Cheque (to be returned after volunteer commitment at Mustangs Meet is fulfilled)
- If first year with the Club, we required a photocopy of your child's government issued ID that indicates date and year of birth.
- A completed BC Athletics membership is mandatory for Club Membership.

Registrations can to Mailed to:

Kelly Burke, 18673- 54a Ave. Surrey BC V3S 8R7

Membership Cancellation Policy:

If you wish to cancel your membership in Langley Mustangs Track and Field Club within the first 2 weeks of membership a full refund will be granted. The BC Athletics membership is non-refundable.

FEES

CATEGORY	AGE GROUP	SEASON FEE	BC ATHLETICS FEE (insurance)	TOTAL DUE
GREEN GROUP	9-15	\$170.00	\$55.00	\$225.00

* There is an addition \$25 fee for a uniform for all those interested in competing

Athlete Code of Conduct Guidelines

1. Athletes should remember they are representing themselves, their parents and their Club. As goodwill ambassadors you will be asked to act with integrity, dignity and within the spirit of good sportsmanship at all times both in and out of competition. Swearing, foul language, coarse joking will not be tolerated.
2. Athletes must show respect for their team members, other team members, officials and their decisions, coaches, club executive, volunteers, spectators, etc.
3. Although track and field is an individual sport, the concept of providing leadership in the "CLUB" is important (i.e. watching other Club members compete and encouraging them). Older, more experienced athletes are expected to provide role models for younger members.
4. No tobacco, alcohol or illegal drug substance may be brought into or consumed during any club activities, training, or meets. Athletes shall report all injuries sustained in training or in competition to coaching staff.

- 5. Under no circumstances will a Mustang athlete use an illegal Performance Enhancing drug. Not only is the use of such substances cheating, but doing so could lead to serious health problems or death. .

IT IS UNDERSTOOD THAT AN ATHLETE MAY BE BANNED OR SUSPENDED FROM THE CLUB AND FUTURE COMPETITIONS IF APPROPRIATE CONDUCT IS NOT FOLLOWED.

I confirm that I have read, understand and agree to abide by this Code of Conduct.

➤ _____

Signature (athlete)

Date

➤ _____

Parent /Guardian

Date