

# LANGLEY MUSTANGS TRACK & FIELD

## REGISTRATION for 2010

### LEVEL RED Training Group

#### Ages 9 - 13

The Red Group is for those athletes who would like to compete on a regular basis with other clubs in the Lower Mainland. The club will provide technical coaching and overall conditioning with the expectation that all athletes rotate through the following 6 main track and field events over the 2 regular training days: high jump, hurdles, middle distance, shot put, long jump, and sprints.

They are encouraged to choose at least one run, jump and throw event to compete in at meets attended. Coaching will focus on performance improvement and athletes will receive instruction from both junior and senior coaches. Specialization will normally occur with the older athletes in this group.

Training Sessions will be Tuesdays and Thursdays at the track at MacLeod Athletic Park. Practice begins in Tuesday, March 16th and continues through our meet June 18-20<sup>th</sup>. For those RED athletes who will compete in the BC Junior Development Championships, there will be additional practices through the JD Meet in mid-July.

Competitions: Begin in May and end with the BC Junior Development Championships in mid-July. All club sanctioned meets are in the Lower Mainland and hosted by other clubs.

Event Fees: Athletes are charged a fee for each event entered in at each meet. The club will pay for 3 events per track meet for this level of athlete. Additional costs will occur if an athlete wishes to compete in more events at meets.

**"Fundraising: each athlete is expected to contribute a minimum of \$50 through fundraising activities organized by the Mustangs coaching and executive. All 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 RED 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.

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

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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**

<b>CATEGORY</b>	<b>AGE GROUP</b>	<b>SEASON FEE</b>	<b>BC ATHLETICS FEE</b>	<b>TOTAL DUE</b>
RED GROUP	9-15	\$220.00	\$55.00 (9-15)	\$275.00

\* There is an addition \$25 fee for a uniform for all those who need one

**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