

# LANGLEY MUSTANGS TRACK & FIELD GREEN LEVEL REGISTRATION 2008

## Overview for LEVEL GREEN Training Group

The focus of the recreational program, March until June 15<sup>th</sup>, the Langley Mustangs' Pacific Invitational Track Meet, is to develop a general foundational level of fitness and to enjoy the sport of track and field while learning about the various events.

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 are on Tuesdays and Thursdays at Macleod Athletic Park, in Langley.

Athletes will receive instruction at Level Green training sessions indicated on the master calendar during practice sessions. Level Green 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, middle distance, shot put, long jump, and sprints.

The Mustangs will pay the entry fees for 3 events at our own Pacific Invitational Track Meet as well as one other meet. Other meets are possible at their own expense. Participants will also 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.

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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 return to

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)
- \$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.

One cheque to cover above fees

BC Athletics membership is mandatory for Club Membership. The form is available from:

<http://www.bcathletics.org/indmemapp.pdf>

**Registrations can to Mailed to:**

Carol Osborne 19781 46a Ave Langley BC V3A 5G7

