

LANGLEY MUSTANGS TRACK & FIELD

HIGH SCHOOL TRAINING GROUP REGISTRATION 2010

Coach and Director- Dave Hetherington

Overview for HIGH SCHOOL Training Group

Our HIGH SCHOOL GROUP is designed for high school athletes from grade 8-12. Together, they will form a training group whose focus, will be to prepare for the BC High School Championships, and, BC Athletics' Provincial championships held in the middle of July.

The HIGH SCHOOL GROUP begin training in March through June; this group will be integrated into the Langley School's Track and Field joint training sessions at McLeod Athletic Park (MAP).

At the completion of the High School Practice, Langley Mustang coaches will give additional technical coaching in the areas in which the athletes would like to specialize (Long Jump, High Jump, Shot Put, Javelin, Sprints, Pole Vault and Distance).

From the end of May to the middle of July, this group will continue to train 3 times per week under the direction of Langley Mustangs coaches with the goal of peaking in late July at the BC Athletics Provincial Championships. As well, this group will compete in various club meetings once the high school season is complete.

To qualify for this level, athletes will need agreement from **Dave Hetherington**, who is the zone rep for Langley High Schools Track and Field. Generally speaking, the standards for the High School Group are as follows:

- Age 13-18 (Grade 8-12)
- Committed to the goal of training for high performance
- Commit to regularly attend practice times, track workouts will be scheduled by coaches
- Notify coaches if practice will be missed
- Attend key meets as determined by coaches including provincial and national meets
- Follow individually programmed training regimen laid out by the coaches
- Compete in the appropriate Provincial Championships
- Commit to the events selected by Dave Hetherington

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 High School training Group

Signed _____ Date _____

Event Specific Information

Please list the events you have the intention to compete in this season plus your corresponding PB

Event	Personal Best Performance

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 of 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.

One cheque to cover above fees
BC Athletics membership is mandatory for Club Membership.

FEES

CATEGORY	AGE GROUP	SEASON FEE	BC ATHLETICS FEE	TOTAL DUE
HIGH SCHOOL GROUP	13-15	\$275.00	\$55.00 (13-15)	\$330.00
	16-17	\$275.00	\$74.50 (16-18)	\$349.50

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