

LANGLEY MUSTANGS TRACK & FIELD RED LEVEL REGISTRATION 2008

Overview for LEVEL RED Training Group

Level Red - March through early July and the BC Junior Development Championship Meet (Nanaimo) is set up to improve performance through regular training and proper preparation for competition. Athletes could be aged 9-15. They are encouraged to regularly train for at least one run, jump and throw event. 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 at this level.

Athletes are strongly encouraged to attend training 3 sessions per week. One day a week will be core strength and conditioning day while 2 days per week will be technical sessions for the various events.

There are various competition opportunities for these athletes throughout the year across BC. At this level, most Red athletes will be competing throughout the season at various meets and are encouraged to attend the BC JD Provincial Championships.

The Mustangs 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.

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.

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 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.
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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:

Kevin Harrison # 94 21928 48th Avenue Langley, B.C. V3A 8H1

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	TOTAL DUE
RED GROUP	9-15	\$200.00	\$55.00 (9-15)	\$255.00

* 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