



GOON SQUAD PARTICIPANT INFORMATION / MEDICAL EMERGENCY FORM

Please Print

Participant's Name: _____ Date of Birth _____ M__ F__

Name of Parent(s) or Guardian(s): _____

Address: _____ City: _____ ST__ Zip_____

Phone: Home: () _____ Work: () _____ Cell: () _____

Email: _____ Other Phone: () _____

I, _____ hereby authorize the coach accompanying Track Goons Track Club to seek immediate medical treatment for my child listed above, if medical emergency arises while on the way to, returning from, or during any practice or meet in which the team participates. I also authorize the attending physician to perform any emergency treatment necessary, after consultation with the coach, if I cannot be reached.

If the child has any on-going medical problem, please indicate below:

If the child is currently taking any form of medication, please indicate the type of medication and frequency:

If the child has a reaction to any allergies, please indicate:

Name of Child's Physician: _____ Phone: _____

Insurance Company: _____

Insurance Company ID Number: _____

Date: _____ Signature: _____

EMERGENCY CONTACT

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Any other emergency contacts or anyone who is eligible to pick up your child, please indicate on the back with name and phone.

ONLY COMPLETED REGISTRATION FORMS ALONG WITH PAYMENT WILL BE ACCEPTED AFTER APRIL 17th
NO REFUNDS WILL BE ISSUED AFTER 3 DAYS OF ANY PAYMENT

WE REQUEST THAT YOU READ THIS ENTIRE DOCUMENT.

The staff of the Track Goons Track Club is looking forward to an exciting and successful 2014 season. In order to ensure this, we have listed below a few simple guidelines that should be followed by athletes, parents and the staff.

1. All athletes should be dressed appropriately. We need all athletes to wear sweat/jogging pants for the duration of warm-ups. This is to ensure a proper warm-up and to prevent injuries. When it is cold, please be sure that the athletes are dressed warmly.

2. Appropriate footwear should be worn. If there are any questions concerning what footwear is appropriate, please talk with a member of the coaching staff. Also, if you have any track shoes that are too small for your child, we would appreciate it if you would consider donating them to the club. We will clean them up, re-spike them and distribute them to other athletes who might be in need of them.

3. Jeans, dresses, or skirts, are never to be worn to practice. Sport bras are to be worn under training gear or uniform only. It should never be worn alone. **Everyone must have on a top.**

4. On days when there is a meet, all athletes should be dressed in the uniform provided by the club. This is especially important to members of relay teams, because teams are subject to disqualification if all of its members are not dressed uniformly.

5. The coaching staff will decide (based on observation and time-trials) which events are appropriate for each athlete. If you have questions concerning the events in which your child is placed, please speak with a member of the coaching staff either before or after practice. .

6. It is important that parents pay close attention to the types and amounts of food and liquids that are consumed by the athletes during meets. An athlete cannot put in a good performance when he or she has eaten greasy or heavy foods. Liquids are to be encouraged, but should be something healthy such as water, Gatorade, etc. Sodas are to be discouraged. Water is encouraged for hydration purposes throughout the day, not just at meets.

7. It is not to be expected, that the staff will be able to provide transportation for athletes to scheduled meets. We will do what we can to be of assistance in this area, but we will have to rely heavily on the parents in matters of transportation to local meets.

8. In order to allow athletes to compete to the best of their ability curfews will be set by the coaches for overnight meets. All athletes will adhere to these curfews. Anyone caught in violation of the set curfew will be

dealt with accordingly up to disqualification from their remaining events. Curfews for all athletes will be 10:00 p.m. This curfew will be effective for athletes rooming with parents as well as those rooming with the club.

9. Parents are encouraged to warm-up and exercise with the team at the beginning and ending of practices. However, once the exercise period is over only staff and designated assistants will be allowed on the track.

10 At track meets, parents are not allowed on the track or infield at any time. Violation of this rule could lead to the athlete or team disqualification.

Hopefully, by adhering to these guidelines we will achieve a happy, healthful, and successful season.

RECOMMENDED EQUIPMENT FOR YOUR ATHLETE

1. Water Bottle (as in a thermos) or Bottled Water (like a Dasani)
2. Good pair of running shoes
3. Spikes
4. Book Bag, Gym Bag, Duffle Bag, etc
5. Sweat Pants
6. Mini Band (for ex. Google search “perform better miniband”)

*Registration fees change from year to year based on the cost of uniforms. However, registration fee will be no less than \$20 and no more than \$125. If you have a uniform from year’s past and in good condition you will be allowed to use that and forego the uniform fee. Registration fees cover USATF signup (\$20) and uniforms (ask for more info).

*There is also a pay-per-meet fee. This is not a part of the registration fee. It’s typically \$5 to \$15 per meet.