



# WEST COAST STRIDERS TRACK CLUB CALIFORNIA



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## CLUB INFORMATION:

**Current Season:** 2022-2023 Registration Packet

**Club Practice Location:** Santa Rosa Junior College

**Practice Days/Time:**     *\*Practice times are subject to change*  
Monday/Wednesday 4PM – 5:30PM

**Club Colors:** Black, Gold, White

**Club Values:**     Physical and emotional health and fitness  
                          Individual excellence and personal growth  
                          Individual development beyond sports

West Coast Striders Track Club is a member of USA Track and Field. Our mission is to teach and excel in all areas of track and field. Our athletes and coaches have had great success at the state, regional, national, and world competition levels. Track & Field is a year-round sport with both Winter (indoor) and Spring/Summer (outdoor) seasons.

The various running, jumping and throwing events which make up the sport are among the oldest competitive disciplines in the world; the specific skills and physical capabilities acquired through track and field can be readily applied to other sports. The sport of track and field is a sport for all ages and abilities.



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## ATHELETE INFORMATION:

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Nickname: \_\_\_\_\_

Date Of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: (M/F) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Number: (        ) \_\_\_\_\_ - \_\_\_\_\_

School Of Attendance: \_\_\_\_\_

Grade: \_\_\_\_\_ Does Your School Offer Track & Field: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Contact Number: (        ) \_\_\_\_\_ - \_\_\_\_\_

Parent Email: \_\_\_\_\_



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**REGISTRATION DEADLINE: November 30<sup>th</sup> (Winter) | February 15<sup>th</sup> (Spring/Summer)**

**Participation Fees:**

- USA Track & Field Individual Membership Fee (\$25 18 and under) (\$40 19 and older)  
USA Track & Field Membership Fee must be paid online at [www.usatf.org](http://www.usatf.org). A copy of the membership ID must be turned in with this completed registration form. Club ID when you apply is **38-8916**.
- West Cost Striders Track Club Registration Fee \$749. (\$349 Winter/ \$400 Spring/Summer). The fee does not include travel in state or to regional and national championship competition.
- Uniforms must be purchased by November 30<sup>th</sup> (Winter Season), February 15<sup>th</sup> (Spring/Summer).  
Uniforms are available to purchase on the website.

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I hereby agree to participate in the Track and Field (**check one below**) with West Coast Striders Track Club. I confirm I will become a Member of USA Track & Field and provide proof of birth. I confirm I have reviewed and signed the Medical Waiver, Concussion Wavier, Communicable Disease Waiver, Uniform Policy, Refund Policy, and Code of Conduct.

Winter Season       Spring/Summer Season       Winter/Spring/Summer Seasons

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby grant my child permission to participate in the 2022-2023 Track and Field season(s) with West Coast Striders Track Club. I confirm my child will become a Member of USA Track & Field and provide proof of birth. I confirm I have reviewed and signed the Medical Waiver, Concussion Wavier, Communicable Disease Waiver, Uniform Policy, Refund Policy, and Code of Conduct.

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



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## MEDICAL WAIVER:

**Athlete First/Last Name:** \_\_\_\_\_

I, the parent/legal guardian of the above-named player, a minor, or myself if not a minor, agree that the player will abide by the rules and regulations of West Coast Striders Track Club, and USATF.

I, for myself and the player and our respective heirs, administrators and successors, intending to be legally bound, hereby release and indemnify West Coast Striders Track Club, the owners and operators or the facilities used for the programs, and their respective directors, officers, employees, agents and representatives from and against all claims, liabilities, damages or causes of action arising out of or in connection with the player's participation in a West Coast Striders Track Club program activity, including without limitation, player's transportation to/from any activity, which transportation is hereby authorized.

As the parent/legal guardian of the above-named player, or myself if not a minor, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of me or my dependent.

By signing below, I confirm that I have read the Medical Waiver.

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



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## CONCUSSION WAIVER & INFORMATION:

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a 'ding' or a bump on the head can be serious. You can't see a concussion, and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

West Coast Striders Track Club policy in response to a suspected concussion adheres to strict guideline that any athlete who is suspected of sustaining a concussion or head injury in a practice or competition shall be removed at that time for the remainder of the day. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance by a licensed healthcare professional.

If you or your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- 'Pressure in head'
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- 'Don't feel right'
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment
- Loses consciousness



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## CONCUSSION WAIVER & INFORMATION CONTINUED:

Slurs speech  
Experience seizures or convulsions  
Displays clumsily or uncoordinated movements

Continuing to participate with the signs and symptoms of a concussion leaves athletes especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome), with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under-report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

By signing below, I confirm that I have read the Concussion Waiver.

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



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## COMMUNICABLE DISEASES (INCLUDING COVID-19):

In consideration of being allowed to participate on behalf of West Coast Striders Track Club and related events and activities, the undersigned acknowledges, appreciates, and agrees that: Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS West Coast Striders Track Club their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION):

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law. By signing below, I have read the communicable disease notice.

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



# WEST COAST STRIDERS TRACK CLUB CALIFORNIA



## UNIFORM POLICY:

West Coast Striders Track Club uniform consists of a singlet top, spandex shorts and track and field shoes, also known as “spikes.” Uniform costs **are not** included as part of the club fee.

**Uniform singlet & short:** \$99 Uniform singlet and short can be purchased through the club website. Uniform ordering deadline is **Winter November 30<sup>th</sup> and Spring/Summer February 15<sup>th</sup>**. Uniforms are delivered to the club and handed out before the first meet.



**Spikes:** Average \$75 and up. Spikes should be purchased before first practice. Spikes can be purchased at a local sporting goods store, such as Dick’s Sporting Goods.

Athletes are required to be in West Coast Striders Track Club uniform at every competitive meet. Uniform is not required during practice. Spikes are required during practices and meets.

It is the responsibility of the athlete to maintain the uniform during the season. Damaged or lost uniforms can be replaced by purchasing a new uniform at full cost.

By signing below, I confirm that I have read the Uniform Policy.

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_





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## REFUND POLICY:

We will provide refunds minus credit card transaction fees of 5% as follows:

### Registration Winter Only \$349:

Winter Season Refund Cut Off is December 15<sup>th</sup>. If uniform has been ordered/delivered or in process of delivery, we will deduct an additional \$50.00 from the registration and mail you the uniform.

### Registration Spring/Summer Only \$400:

Spring/Summer Season Refund Cut Off is March 1<sup>st</sup>. If uniform has been ordered/delivered or in process of delivery, we will deduct an additional \$50.00 from the registration and mail you the uniform, unless athlete received uniform during Winter Season.

By signing below, I confirm that I have read the Refund Policy.

Athlete First/Last Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent First/Last Name: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



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## CODE OF CONDUCT POLICY:

We, as a player, coach, parent, spectator or official, commit to conduct myself in a manner that complies with West Coast Striders Track Club Code of Conduct at all times. Accordingly, we pledge to:

- Honor the sport of Track and Field.
- Demonstrate respect to other players, coaches, parents, officials, and spectators.
- Uphold the essential Core Values of West Coast Striders Track Club, which are Sportsmanship and Personal Accountability.
- Focus on fun and participation.
- Demonstrate and encourage good sportsmanship.
- Support the drug, alcohol, and tobacco-free environment that is essential for usage of all our partner sites.
- Support the restriction of pets on all of our partner sites' campuses.
- Pick up and throw away any trash brought to or seen on the ground.
- Support any additional rules and regulations of our partner sites not listed here (i.e. parking guidelines, traffic flow, etc.).
- Understand that SAFETY is West Coast Striders Track Club top priority, and act accordingly while coaching, playing or spectating at West Coast Striders Track Club participating meets.

Further, I pledge to **NEVER**:

1. Use profanity at any West Coast Striders Track Club events.
2. Criticize coaches, players or officials.
3. Use aggressive/combatative language to an opposing coach, player or official.
4. Touch an opposing player, coach or official in a threatening manner.

By acknowledging this: I/we the player/current family being registered understand that as a family, we are expected to demonstrate sportsmanship and ethical conduct as outlined above, and respect for all programs and events offered by West Coast Striders Track Club.

Unsportsmanlike conduct will NOT be tolerated. Any unsportsmanlike act (including but not limited to fighting, profane language and excessive physical play) could result in not being allowed to participate, with no refund provided.

Athlete First/Last Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent First/Last Name: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



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## NAME AND LIKENESS WAIVER:

I hereby consent to the publication and use of athlete's name and/or likeness (the 'Likeness') for the purpose of promotion, publicity, advertising, or other manner or media by West Coast Striders Track Club, or any other representative authorized to act on behalf of West Coast Striders Track Club. Likeness includes, but is not limited to, photographs, sound and/or video recordings, films, broadcasts, brochures, publications, reports, web pages, promotional materials or any other audio-visual, electronic, printed, tangible work in any media or format, now known or hereafter to become known, and/or reproductions of any of these.

I agree that the actual material involved are, and shall continue to be, the property of West Coast Striders Track Club and that neither athlete or parent/guardian (if minor), shall have any right of review or approval regarding the use of athlete's name and/or Likeness in such material.

I hereby release and hold harmless West Coast Striders Track Club, along with its respective employees, agents, affiliates, sponsors, or other representatives from any and all claims, demands, or causes of action arising out of the use of athlete's name and/or Likeness, in accordance with the terms of this release.

I understand and agree that neither athlete or parent/guardian will be compensated in any way for the use of athlete's name and/or Likeness by West Coast Striders Track Club.

I understand that for any reason and at any point in time, I may decide to revoke this agreement by notifying West Coast Striders Track Club in writing, in which case all references to athlete's Likeness will be removed within a reasonable time period and no longer used.

**Athlete First/Last Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent First/Last Name:** \_\_\_\_\_

**Parent or Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_