***DISTANCE UNIVERSITY***

***TRACK AND FIELD CLUB***

ATHLETE’S NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GENDER \_\_\_\_\_\_\_\_\_\_ GRADE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOTHER’S NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOTHER’S ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOTHER’S PHONE/CONTACT NUMBERS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOTHER’S E-MAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FATHER’S NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FATHER’S ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FATHER’S PHONE/CONTACT NUMBERS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FATHER’S E-MAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HEALTH CONCERNS FOR ATHLETE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ANY OTHER CIRCUMSTANCES WE SHOULD BE AWARE OF?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOES THE ATHLETE HAVE PRIOR TRACK OR RUNNING EXPERIENCE? YES NO

IF SO, WHAT EXPEREIENCE?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EVENTS THE ATHLETE WANTS TO COMPETE IN:

400 800 1500 3000 200 (8 and Under Only)

USATF MEMBER: YES NO

IF YES, MEMBERSHIP NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

UNIFORM SIZE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WARMUP SIZE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USA TRACK AND FIELD MEMBERSHIP

Membership cards will be due by the first practice on Jan. 10. The card is required in order for each child to be covered by the USATF insurance policy that comes with membership.

You can go to usatf.org/membership/application/ to renew or order your membership.

The cost of a membership is $20 per year per runner. All meet entry fees will be covered by Distance University.

Our team membership number is 48-0485.

Once registered, you must send a copy of **each** runner’s birth certificate to the Arizona Association by one of the following methods:

 E-mail: usatfaz@cox.net

 Snail mail: AZ USATF State Office

 P.O. Box 10771

 Scottsdale, AZ 85257-0771

 Fax: 480-994-1748

PRACTICE SCHEDULE

As of now, practices are scheduled for Tuesday, Wednesday, and Thursday nights from 6:00-7:30. There may be some changes as the season goes on.

Tuesday: Valley Vista High School

Wednesday: Gateway Park in El Mirage

Thursday: Valley Vista High School

I WILL ALWAYS BE AVAILABLE TO DISCUSS YOUR CHILD’S PROGRESS. ALL I ASK IS THAT YOU DO NOT INTERFERE WITH PRACTICE. OUR GOAL IS TO KEEP THIS A POSITIVE ENVIRONMENT WITH PARENTAL INVOLVEMENT.

TEAMWORK IS THE KEY TO SUCCESS!!

Coach Ron

**TEN COMMANDMENTS FOR THE RUNNER**

1. THOU SHALL NOT COMPARE TYSELF TO OTHER RUNNERS. A MILE IS A MILE.

2. THOU SHALL NOT FORGET TO FUEL ONESELF THROUGH PROPER DIET AND HYDRATION.

3. THOU SHALL NOT SKIMP ON SLEEP.

4. HONOR THY MUSCLES AND THY “ACHES AND PAINS” AND DO NOT PUSH THROUGH AN INJURY. RUNNERS ARE NOT INVINCIBLE.

5. THOU SHALL NOT OVERTRAIN. TAKE AT LEAST TWO DAYS A WEEK OFF FROM RUNNING.

6. THOU SHALL WEAR THE PROPER ATTIRE. DRESS FOR THE WEATHER, BE IT HOT OR COLD.

7. THOU SHALL NOT FORGET SUNSCREEN. SUNBURN IS NOT FUN.

8. THOU SHALL NOT IGNORE THY SHOES. GET PROPERLY FITTED AND CHECK THE WEAR OFTEN.

9. THOU SHALL NOT COVET THY NEIGHBOR’S MEDALS. IMPROVING ONE’S OWN TIMES WILL LEAD TO SUCCESS.

10. THOU SHALL NEVER SAY, “I AM NOT A RUNNER.” IF YOU RUN, YOU ARE A RUNNER.

**SPORTSMANSHIP CHECKLIST**

* I play by the rules of the game.
* I will avoid arguments and confrontations

 by clarifying rules.

* I will always play fair.
* I follow the directions of the coach.
* I respect the other team’s effort.
* I offer encouragement to my teammates.
* I shake hands and say congratulations.