



New Fairfield Flash Registration Form Junior Olympics 2017

Complete the information below and return with a check payable to New Fairfield Flash Track Club for \$75 per athlete fee which includes a team t-shirt and all meet entry fees.

Please include the following:

- Registration Form/Waiver of Indemnification for each athlete

Registration (one per child)

Name

Address

M F
Gender Birth date Grade

E-Mail(s)

Phone

Parent/Guardian Name

Emergency Contact and Phone

Special Needs, Allergies, Medical or Physical Conditions

Waiver of Indemnification

I _____, parent/guardian of _____, do hereby indemnify all organizers, coaches and athletes associated with the New Fairfield "Flash" Track Club and any competing teams and partners. I understand this is an independent club and not a town or school-sponsored activity and, regardless of practice/event site, no municipality sanctions this organization.

I confirm that my child is physically sound and medically cleared to participate in Track and/or Cross Country events and is playing by his/her own choice and with my expressed permission.

I further understand that anyone involved with this club is doing so on a voluntary basis, including coaches, advisors and car pool drivers.

X _____
Parent/Guardian Signature (required) Print name here

T-Shirt information

Circle size requested:

Youth size: S M L

Adult: S M L XL

Registration Fee (required):	\$75.00
TOTAL PAID:	_____

Mail in Registration:

**New Fairfield Flash Track
PO Box 8446
New Fairfield, CT 06812**

Any questions? Please email: nfflash@gmail.com

Want to learn more? Visit our website: <http://www.nf-flash.org/>

DO NOT WRITE BELOW THIS LINE—FOR NF FLASH USE ONLY

Date Received: _____ Amount Paid: _____ Cash or Check #: _____ New: Y / N

New Fairfield Flash Junior Olympics 2017

Open to all from New Fairfield and Sherman, ages 8 to 18.

Practice

All practices are at the New Fairfield Track. Please arrive on time, but do not leave your child there unless you are sure a coach is there. **Please arrive on time and pick up your child on time.**

Tentative practice times: Tuesday & Thursday- 5:00 to 6:30 PM, Saturday—9 AM to 11 AM

FIRST PRACTICE: Thursday, June 8th

Attire and equipment

Children should have running shoes. Sneakers or other athletic shoes are inappropriate for running and could cause injury. You can buy track spikes for wear during competition but they are not required.

Every athlete must bring water to every practice.

Meets

All meets will be age based competition: 8 and under, 9/10, 11/12, 13/14, 15/16, 17/18. Age is based on the athletes age on December 31, 2017.

Athletes will be guaranteed at least two meets:

- USATF Connecticut Junior Olympics. Saturday, June 17th, Litchfield High School, Litchfield, CT.
 - Up to 3 events for those up to age 12, 4 events for those 13 and up.
- Connecticut Nutmeg Games, Saturday, July 15th, Willowbrook Park, New Britain, CT
 - Up to 4 events.

For those that finish in the top six in their age group event at the CT Junior Olympics meet, they will qualify for the Regional Junior Olympics meet to be held July 8-11 in Fitchburg, MA.

Coaches

Head Coach: Jim Ogden—203-770-0643 jeogden@ogden-tech.com

Asst. Coaches: Pete Pomeroy, Jim Keller, Janet Simons