

New Fairfield Track Club  
presents



# Western Connecticut Flash

Established in 2001, the New Fairfield Flash Track Club has sponsored Cross Country and Spring Track and Field teams for middle school aged athletes from New Fairfield and Sherman.

This year the New Fairfield Flash will be sponsoring the Western Connecticut Flash for the 'off-seasons' of winter track and summer track. The WC Flash will be open to any athletes from New Fairfield, Sherman and the surrounding towns.



- ◆ Everybody Plays!
- ◆ Everybody Trains!
- ◆ Everybody Wins!

## Winter Track

Coaches Jim Keller and Shawn Sorbello are both highly experienced youth and high school track coaches and will be leading the new club in its inaugural season. They will continue the Flash philosophy of allowing athletes to select the events they want to do while steering athletes in the direction of where their abilities may lie.

Registration is now open! Go to [www.nf-flash.org](http://www.nf-flash.org) to download registration form.

WHO: Boys and girls, 3rd to 8th grade.

SEASON: December through mid-March.

EVENTS: 55 meters to 3000 meter races. Relays, hurdles, long jump, high jump, triple jump and shot put. Competition is age-based. (i.e. 8 & under, 9/10, 11/12, 13/14).

MEETS: Most meets will take place at Hillhouse High School, New Haven, CT.

COST: \$170 for the season which includes a team shirt. Additional costs as needed will be USA Track & Field membership (\$20), meet entry fees and optional additional team apparel.

PRACTICES: Danbury SportsDome, 25 Shelter Rock Lane, Danbury, CT

Dec- 3, 5, 10, 12, 17, 19, 26 (all 6-7:30)

Jan- 2, 7, 9, 14, 16, 21, 23, 28, 30 (6:30-8 on 1/2, 9, 16, 21, 23, 30)

Feb- 4, 6, 11, 13, 18, 20, 25, 27 (all 6-7:30)

Mar- 4, 5, 11, 13

## Western Connecticut Flash

PO Box 8446  
New Fairfield, CT 06812

E-mail: [wcf-flash@nf-flash.org](mailto:wcf-flash@nf-flash.org)  
Website: [www.nf-flash.org](http://www.nf-flash.org)  
Facebook: New Fairfield Flash

**PRACTICE**  
**LIKE A CHAMPION**



# Western Connecticut Flash

sponsored by New Fairfield Track Club



## Registration Form Winter 2018/2019

Complete the information below and return with a check payable to New Fairfield Track Club for \$170 per athlete fee which includes team shirt.

\$20 USA Track and Field Membership (2019 membership required)

Please include the following:

- Registration Form/Waiver of Indemnification for each athlete

### Registration (one per child)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
M F  
Gender Birth date Grade

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
E-Mail

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
2nd Parent/Guardian Name

\_\_\_\_\_  
E-Mail

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
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 Track Club, Western Connecticut Flash 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 Field athletics 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

Registration Fee (required):	\$170.00
USATF Membership (if needed):	\$20.00
TOTAL PAID:	_____
Payable to:	<b><u>NEW FAIRFIELD TRACK CLUB</u></b>

#### Mail in Registration:

**Western CT Flash**  
**c/o New Fairfield Track Club**  
**PO Box 8446**  
**New Fairfield, CT 06812**

Any questions? Please email: [wcfash@nf-flash.org](mailto:wcfash@nf-flash.org)

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

**DO NOT WRITE BELOW THIS LINE—FOR WC FLASH USE ONLY**

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