



## IDAHO DASH TRACK CLUB

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818 Wade Circle Boise, Idaho 83705

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### Welcome to the 2018-19 Idaho Dash Track Season!!!

Our 2017-18 was an incredible success both on the track and off the track with our growth. Thank you to all the parents for being so supportive of the kids and truly adding to the "Family" feel that the Club was founded on. We had an outstanding summer ending with 23 athletes competing in North Carolina. Everyone stepped up to the challenge and ran some great races. Troy Colleran earned the Dash's 5th All-American nod with his 7th place finish in the 17-18 Men's Decathlon. Julia Nixon set personal bests in 5 of her 7 events in the 17-18 Women's Heptathlon to finish 10th overall. Kennedy Peterson rounded the final turn in the 400 and said it was weird that she couldn't see anyone on her way to a 15th place finish overall in the 11-12 Girls 400. The 17-18 Women's 4x400 Team set a Club record with their 21st place finish. Overall, the meet was a success and the kids now know what they need to do if they want to run at a National level.

This season we are implementing some exciting changes that we hope will benefit everyone that is involved with the team. We are excited to announce that our younger runners will be able to participate in our winter program this year. After successfully adding our Middle Schoolers last season, we feel this is the next logical step. We have implemented a fundraising committee. We have added a Team Administrator to the group to assist with the organizing of travel events. Finally, we have outlined an athlete pool account, which should make the fundraising, travel plans, and costs a lot easier on the athletes and parents.

Our season will kick off on **August 27th** with our pre-season lifting program. This is designed for the athletes that don't compete in a Fall Sport but want to start their training for the upcoming seasons. We will lift 3 days a week until the Winter season starts.

Our Winter season will begin on **October 29th** this year. Our program will run through Mid-February ending with the USATF Youth Meet (non HS Athletes) or the Simplot Games (HS Athletes). This season we will welcome our younger athletes (6th grade and younger) on our running days. Athletes will be able to compete in multiple meets throughout the winter season as well as prepare them for their outdoor seasons.

Our Summer season will start **May 6th** for the athletes not competing for their schools, and **May 20th** for everyone else. The schedule allows for 9 weeks before we head to Nationals. We will look to host the Snake River Association Meet this summer and the staff is looking at alternative competitions to increase the level of competition we face as we gear towards Nationals in Sacramento the last week of July.

\*\*\***Special Note to Parents**—USATF has mandated that anyone involved with the athletes (coaches or volunteers) must complete a background check and complete the Safe Sport online class. We would like for all the parents to please get a USATF membership of your own and complete these 2 things. We are hoping to run a few meets this year as well as possibly host a few teams as they travel to our meets. We want to do things the right way and as a member of USATF, we need to be compliant with this rule. Please let me know if you have any questions.

Our coaches are looking forward to another exciting season watching the athletes work hard and reap the benefits of their hard work.

Welcome to the Family!!!!

Coach Honell

Idaho Dash Track Club



# IDAHO DASH TRACK CLUB

## Notice of Fees

### 2018-2019 Season

**ATHLETE'S NAME:** \_\_\_\_\_

#### PROGRAM FEES

I, the undersigned, understand that I must pay Idaho Dash Track Club the following **PROGRAM fees** to cover costs associated with the above-named athlete's participation and training in its programs. I understand that Idaho Dash Track Club programs run from August 29, 2018 through July 28, 2019, and I must initial the programs I'm electing to pay for the above-named athlete. I understand that only donations/contributions made to Idaho Dash Track Club are tax deductible. Idaho Dash's tax ID number is 81-4304379.

I understand that program fees cover, but may not be limited to: Sponsorship t-shirt, coaching instruction, practice facility rental, entry fee to all local treasure valley meets, entry fee to Snake River Association meet, administrative costs associated with the day-to-day operation of the club, and hosting meets & social events.

I understand that all program fees must be paid in full before the start date of the seasons as noted below.

Note: For those families experiencing financial difficulties and need a few extra weeks to pay in full, please obtain a *Parent Financial Agreement* from the head coach or team's pool account treasurer.

**Programs:** Place your initials next to the program you agree to pay for the above-named athlete. Initial no more than 2 programs.

\_\_\_\_\_ **Preseason Lifting:** 8/29/18 thru 10/28/18 (**\$50 fee**). *This program is not available to athlete's participating in fall sports at any level.*

\_\_\_\_\_ **Winter Season:** 10/29/18 thru 2/16/19 (**\$275 fee** for middle & high school athletes, and **\$175 fee** for grade school athletes).

\_\_\_\_\_ **Summer Season:** 5/6/19 thru 7/29/19 (**\$275 fee**). *Athletes competing in school or club sports may wait until 5/20/19 to start training.*

\_\_\_\_\_ **Winter & Summer Seasons Combined:** 10/29/18 thru 2/16/19 and 5/6/19 thru 7/29/19 (**\$550 fee** for middle & high school athletes or **\$450 fee** for grade school athletes). *Middle & high school athletes only pay \$500 and grade school athletes only pay \$400 if paid in full by 10/1/18.*

Note: Parents who register more than one athlete will receive a discount on **PROGRAM fees** for the 2nd, 3rd, etc. athlete. For example, the parent would pay the **PROGRAM fee** for athlete A in full, and athletes B and C would receive the discount. Parents falling into this category will receive \$50 off for each subsequent athlete when paying for a single winter or summer season and \$100 off for each subsequent athlete when paying for a combined winter and summer season.

#### PARENT/ATHLETE FEES

I also understand that I am responsible for, and agree to pay, the following **PARENT/ATHLETE fees** into an athlete pool account within 7 calendar days of being assessed each fee. I understand that if I need an extension of the 7 days, I must request it in writing to the team's pool account treasurer (not the Club treasurer). I understand that the team's pool account treasurer (with head coach approval) may grant me an extension when time and circumstances allow, but I must pay the full amount by the agreed upon date or the above-named athlete will not be allowed to train, travel, or compete. I understand that **PARENT/ATHLETE fees** include, but are not limited to:

- **Administrative Processing: (\$100 fee).** *Only athletes who are new to the club are required to pay this fee. This fee covers the various administrative things the club must get done to get new athletes entered in the club's database and other databases such as Athletic.Net. This fee also covers the ordering, shipping, and printing costs of the athlete's competition uniform (currently a team top or singlet). Black running shorts*

(typically Spandex or Spanx), running shoes, running spikes, and socks shall be the separate responsibility of the parent/athlete. Athletes who are not new to the club will be required to purchase a new competition uniform as the club obtains new business sponsorships and a sponsor requests their logo be placed on the uniform. The club will work diligently with new sponsors to get logos onto uniforms prior to the beginning of the winter season so that athletes are not having to constantly purchase new uniforms.

- **Regional & National Meet entry fees: (\$ amount to be determined).** Fees are per athlete and vary in price; typically, as little as \$10 per event to as much as \$175 or more to compete in a maximum number of individual, field, & relay events.
- **Athlete hotel accommodations: (\$ amount to be determined).** \*Refer to the Club's travel policy.
- **Coaches & athletic trainer hotel accommodations: (\$ amount to be determined).** \*Refer to the Club's travel policy.
- **Vehicle Transport to/from event: (\$ amount to be determined).** \*Refer to the Club's travel policy.
- Other incidentals incurred by the team or activities the team will participate in when agreed upon by two-thirds of the parents. This could include snacks, meals, entertainment, etc.

Note: Any money raised via team fundraising and website donations will be credited to the athlete pool account and evenly credited/applied to all athletes who participated in at least half of the total fundraising events AND attends a minimum of 85% of scheduled team practices. Athlete pool account balances that are in the positive at the end of each season and occur because of these credits will not be paid out to the athlete or parent but will remain in the athlete pool account for the next program season or year.

I understand that the head coach reserves the right to determine how business monetary sponsorships will be allocated and utilized. I understand that business sponsorships could be used to help the club purchase training equipment, host meets, pad the athlete pool account, etc.

I understand that a spreadsheet detailing what the above-named athlete has been assessed, paid, and remain owing to the athlete pool account for **PARENT/ATHLETE fees** will be emailed to me on a periodic basis, as determined by the team's pool account treasurer. I understand that if the above-named athlete's pool account responsibility is not current or **PROGRAM fees** are not paid before the season starts (or pursuant to any signed *Parent Financial Agreement* I enter with the club), he/she will not be allowed to train, travel, or compete with the team until both pool account responsibilities AND **PROGRAM fee** payments are made current. I understand that if I make a payment and it does not clear because of insufficient funds, a \$25 service fee will be applied to the above-named athlete's pool account as an assessed PARENT/ATHLETE fee. I understand that if the above-named athlete's pool account is in the negative, it must be paid prior to the conclusion of the season or I may face legal consequences, or the athlete's club membership may be suspended (even into upcoming seasons) until paid.

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**This Notice can be mailed to:  
Idaho Dash Track Club  
818 Wade Circle  
Boise, ID 83705**





# IDAHO DASH TRACK CLUB

818 Wade Circle Boise, Idaho 83705

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2018-19 Winter/Summer Season

Name: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_ Email: \_\_\_\_\_

I \_\_\_\_\_ authorize my child \_\_\_\_\_ to participate with the Idaho Dash Track Club. I hereby authorize my child to participate in practices, track meets, travel and other activities sanctioned by, sponsored by, an/or attended by the Idaho Dash Track Club. I authorize the Coaches or staff members to sign the standard athletes release form when entering my child into any USATF sanctioned event. Should I or my child decide to withdraw from participation in the club and its activities, I agree to notify the Head Coach in writing that I am withdrawing my child. I understand that I forfeit all fees paid.

## Athletes Release & Hold Harmless Statement

In consideration for my acceptance of my entry into the USA Track & Field/Youth Athletics Program, AAU, Junior Olympics, Idaho Dash Track Club and all meets associated with those programs, I intend to be legally bound, do hereby, for myself, my heirs executors and administrators waive, release and forever discharge all rights and claims for damage which hereafter may accrue to me against USA Track & Field, Idaho Dash Track Club, Bishop Kelly High School, owners and operators of facilities used for Youth Athletic activities in which I participate, organizations which sponsor and/or conduct these activities, their agents representatives, successors, and/or assigns for all damages which may be sustained or suffered by me in my traveling to, participating in, and returning from Youth Athletics activities. Idaho Dash Track Club has permission to use photos of my child in promotional material.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# IDAHO DASH TRACK CLUB

## Health Information Form

Club's copy – to be carried by coach to all competitions/meets

### Athlete's Information

Athlete's Name: \_\_\_\_\_ Cell Phone (10-digit): \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Recognized Gender:  Female  Male  Other: \_\_\_\_\_

Please list allergies: \_\_\_\_\_

Please list other medical conditions or concerns: \_\_\_\_\_

Please list any medications athlete takes: \_\_\_\_\_

### Parent/Guardian's Information

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone (10-digit): \_\_\_\_\_ Cell Phone (10-digit): \_\_\_\_\_

**In an emergency, when parent/guardian cannot be reached, please contact the following:**

Name: \_\_\_\_\_ Cell Ph (10-digit): \_\_\_\_\_ Other Ph (10-digit): \_\_\_\_\_

### Doctor, Hospital, and Insurance Information

Doctor To Notify In Case of Emergency: \_\_\_\_\_ Office Phone (10-digit): \_\_\_\_\_

Preferred Hospital In Case of Emergency: \_\_\_\_\_ City: \_\_\_\_\_

Name of Medical Insurance Company: \_\_\_\_\_ Phone (10-digit): \_\_\_\_\_

Enrollee/Subscriber Name: \_\_\_\_\_ Subscriber/Policy Number: \_\_\_\_\_

Group Number: \_\_\_\_\_

Name of Dental Insurance Company: \_\_\_\_\_ Phone (10-digit): \_\_\_\_\_

Enrollee/Subscriber Name: \_\_\_\_\_ Subscriber/Policy Number: \_\_\_\_\_

### MEDICAL TREATMENT AUTHORIZATION AND LIABILITY WAIVER

I, the undersigned, am the above-named athlete's parent or guardian, and I hereby give my consent for an athletic trainer, emergency medical technician, and/or doctor of medicine or dentistry or associated personnel to provide the above-named athlete with medical assistance and/or treatment. I understand that if the team is competing outside of the above-named athlete's area of residency, club coaches, trainers, and team managers will forego contacting the doctor or hospital I've listed to contact in case of emergency and instead contact the nearest/closest hospital or medical facility to where the accident occurs. I agree to be financially responsible for the costs of such assistance and/or treatment. I understand treatment for injury will be based on information provided herein. I hereby authorize emergency transportation of the above-named athlete to a hospital/medical treatment facility should one of the individuals named in this paragraph consider it to be warranted. I recognize the possibility of physical injury associated with track & field, and hereby release, discharge, and otherwise indemnify Idaho Dash Track Club (to include coaches, athletic trainer, and team manager) against any claim by or on behalf of the above-named athlete due to participating/competing in the club's programs/track meets and/or from being transported to or from the same, which transportation I also hereby authorize. To the best of my knowledge, all personal and medical information included herein for the above-named athlete is true and accurate.

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

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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Idaho Dash Track Club  
818 Wade Circle  
Boise, ID 83705





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Athlete Name \_\_\_\_\_

## Idaho Dash Travel Meets – Options

Please turn this in with registration paperwork. This is extremely helpful to have as we need to plan ahead for these meets. Please refer to Club Travel Policy for more details regarding out of town meets.

## Winter Travel Opportunities

\_\_\_\_\_ Athlete is interested in competing at the Weber State Invitational—Middle School/HS athletes (approximately \$150 per athlete)

\_\_\_\_\_ Athlete is interested in competing in the USATF Youth Meet—Non HS Athletes (tbd)

\_\_\_\_\_ Athlete is interested in competing at the Simplot Games—HS Athletes Only (approximately \$175 per athlete)

\_\_\_\_\_ We are interested in going to USATF Youth Indoor National Championships in New York—All Ages (tbd)

## Summer Travel Opportunities

\_\_\_\_\_ We are interested in competing in only the local meets this summer

\_\_\_\_\_ We are interested in Competing at the Golden West Invitational—All ages (June 8)

\_\_\_\_\_ We are going to Montana for the Regional Meet (June 20-22)

\_\_\_\_\_ We are going to the National Meet in Sacramento, Ca if qualified (July 22-28) Individual events or relays

Club pays entry fees to the following meets-

Winter Meets -Idaho Dash Preview Meet, YMCA All-Comers Meet, Boise Indoor

Summer Meets – Association Meet, All-Comers Meets



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### 2018—2019 Important Dates

August 29, 2018—First Day of Pre-season Weights (only athletes not in a Fall Sport)

October 29, 2018—First Day of Winter Season

December 29, 2018—Idaho Dash Winter Preview Meet

January 11/12, 2019—University of Washington Preview Meet (qualifying standards needed)

January 18/19, 2019—Weber State HS Invitational (middle school and high school athletes)

January 26, 2019—YMCA All-Comers Meet

February 1/2, 2019—Boise Indoor (HS athletes, select middle school athletes)

February 8/9, 2019—USATF Youth Meet (held at U of I last year-details when available)

Feb 14/16, 2019—Simplot Games (HS athletes)

Indoor Season Complete—Athletes compete for schools for outdoor season

Summer Season—

May 6, 2019—First Day of Summer Practice (non school competing athletes)

May 20, 2019—First Day of Summer—All Athletes

June 8, 2019—Golden West Invitational (El Dorado Hills, Ca.)

June 13-15, 2019—USATF Snake River Association Meet (we are scheduled to host)

June 20-22, 2019—USATF Region 11 Meet (Montana)

July 22-28, 2019—USATF Hershey National Junior Olympics (Sacramento, Ca)

\*Summer will be supplemented with select All-Comers Meets

We will plan on hosting our own meets this summer on select Saturdays (FAT timing) as well as coordinate with TNT Track Club as they will plan on hosting a few also.

All dates need to be confirmed. Official Schedule will be released once confirmation has been completed