

2027 TRACK 757 Registration/Medical Release Form

email completed application to 757tracksquad@gmail.com

Athletes Last Name: _____ Athletes Middle Initial: _____

Athletes First Name: _____ Female ☐ ☐ Male

Athletes Age: _____ Date Of Birth - Month: _____ Day: _____ Year: _____

Copy of the birth certificate submitted with registration? ☐

Parent/Guardian No. 1 Name: _____

Primary E-mail: _____

Phone Home: _____ Cell: _____

Parent/Guardian No. 2 Name: _____

Secondary E-mail: _____

Phone Home: _____ Cell: _____

Address: _____ City: _____ Zip Code: _____

Emergency Contact Name: _____

(List a name other than above listed parent/guardian)

Emergency Contact #: _____ Relationship to Athlete: _____

IN ORDER TO RECEIVE E-MAIL NOTIFICATIONS THIS FORM MUST BE COMPLETED

Cross Country ☐ 2026/2027 Indoor ☐ 2027 Outdoor ☐

PHOTOGRAPHS

I hereby grant permission to TRACK 757 Track Club to use my athletes image on the TRACK 757 Track Club web site or social media pages (Facebook & Instagram) without further consideration. I understand that no names will be used on the web site unless specific permission, in written form, is given to an appropriate staff member.

FUNDRAISERS

There are mandatory fundraisers. Participation is required. You have the option of buying out of the mandatory fundraisers if desired. Parent Initial: _____

MEDICAL RELEASE & WAIVER

With the full understanding that track and field requires a wide range of exercise and exerting activity, does your child have any condition or illness that may affect his/her full participation?

Yes: _____ No: _____ If yes, please describe, including any limitations: Also please list any pertinent medical information (Epilepsy, Asthma, Diabetes, Allergies, Medications etc.):

I understand that it is *recommended* my child have a physical examination each year.

I declare that to the best of my knowledge; my child is in good health and physical condition and I have disclosed pertinent information pertaining to his/her health and physical condition. I hereby waive, release, and forever discharge Track 757 Track Club, it's members, officers, directors, managers, coaches, and practice locations from any and all claims, demands, actions, and causes of action of every name and nature and especially from all claims arising out of any and all personal injuries, damages and for any loss or damage whatsoever, resulting directly there from that may befall my child while engaged in practices/meets and all events attended by Track 757 for the 2026 XC and 2027 Indoor/Outdoor seasons.

Parent Initial: _____

In the event of sudden illness, accident or injury which may occur while said minor is engaged in an activity supervised by Track 757 and their representatives, agents or assignees, when neither the parents, guardians, or designated family physician can be contacted, I hereby give my consent for emergency treatment as shall be necessary under the circumstances by any physician licensed under the Law of the Commonwealth of Virginia. **Parent Initial:** _____

This agreement includes a waiver and release of liability. I have read this agreement and understand that I have given up rights by signing this agreement. I am signing this agreement only after a careful review of it contents.

A registration fee for indoor and outdoor will be collected. This does not include the cost of the uniform or competition.

Signature (Parent/Guardian): _____

Date: _____

WE REQUEST THAT YOU READ THIS ENTIRE DOCUMENT.

The staff of the TRACK 757 Track Club is looking forward to an exciting and successful 2026 XC and 2027 Indoor/Outdoor seasons. In order to ensure this, we have listed below a few simple guidelines that are required to be followed by athletes, parents and the staff.

1. All athletes should be dressed appropriately for the weather conditions. When it is cold, please be sure that the athletes are dressed warmly and wearing gloves.
2. Appropriate footwear should be worn. No athlete should attempt to run in basketball shoes, etc. If there are any questions concerning what footwear is appropriate, please talk with a member of the coaching staff. Also, if you have any track shoes that are too small for your child, we would appreciate it if you would consider donating them to the club. We will clean them up, re-spike them and distribute them to other athletes who might be in need of them.
3. Jeans, dresses, skirts, or tight-fitting pants are never to be worn to practice. Sport bras are to be worn under training gear or uniform only it should never be worn alone. **Everyone must have on a top.**
4. On days when there is a meet, all athletes should be dressed in the uniform provided by the club. This is especially important to members of relay teams, because teams are subject to disqualification if all of its members are not dressed uniformly. In the past we have had several athletes disqualified due to improper uniform, therefore, there will be no exceptions to this rule.
5. The coaching staff will decide (based on observation and time-trials) which events are appropriate for each athlete. If you have questions concerning the events in which your child is placed, please speak with a member of the coaching staff either before or after practice. During meets the staff will be occupied with trying to ensure that each athlete makes his or her best performance and there will be no time to discuss which events you feel your child should have been placed in. Likewise, times will arise during meets when it will be necessary for a coach to substitute an athlete in a scheduled event. In these instances, it is extremely disruptive to have a parent questioning the coach during the meet. Any questions and/or problems you may have can be discussed at the next scheduled practice.
6. It is important that parents pay close attention to the types and amounts of food and liquids that are consumed by the athletes during meets. An athlete cannot put in a good performance when he or she has eaten greasy or heavy foods. Liquids are to be encouraged, but should be something healthy such as water, fruit juices, Gatorade, etc. Sodas are to be discouraged. Remember, meets are for performance not for picnics.
7. It is not possible, nor to be expected, that the staff will be able to provide transportation for athletes to scheduled meets. As always we will do what we can to be of assistance in this area, but we will have to rely heavily on the parents in matters of transportation to local meets.
8. Parents should be aware that the registration fee will cover sweat suits, uniforms, entry fees for meets, and miscellaneous items such as batons, etc.. It will be necessary for athletes who qualify for major meets to absorb a portion of the expense for these meets. The club will be of as

much assistance as its finances will allow and will make every attempt to keep these expenses to a minimum.

9. Parents are encouraged to join and support the parents' "Booster Club". For information regarding the club you may contact Kelly Hamilton, Faye Howell or any other member of the booster club that you might already know during any practice.
10. The staff will not be responsible for flight or room reservations for parents traveling to our away meets. Parents wishing to make reservations on flights and for rooms that coincide with the staff and athletes plans should attempt to make arrangements through the Parent Booster Club, which will always be kept up-to-date on our arrangements and may have access to any additional airline tickets and or rooms that we have reserved. Also, the staff will only handle on-ground transportation at the away site for the staff and athletes. Parents will be responsible for their own on-ground transportation.
11. Parents are welcome to warm-up and exercise with the team. However, once the exercise period is over only staff and designated assistants will be allowed on the track.
12. At track meets, parents are not allowed on the track or infield at any time. Violation of this rule could lead to the athlete or team disqualification.

Hopefully, by adhering to these guidelines we will achieve another happy, healthful, and successful season.

