

2017 RIVER DELL REC TRACK & FIELD REGISTRATION FORM

@ River Dell Regional High School

Presented By Bergen Athletic Club

FOR BOYS & GIRLS GRADES 2ND THRU 8TH



The River Dell Rec T&F Team welcomes all boys & girls in grades 2-8 to learn the fundamentals of Track & Field, as well as flexibility, fitness, speed, and endurance for all sports as well as prepare them for competition in meets. Learn Sprints, Distance, Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, and Relays.

Registration fee is \$55 per child / \$90 per family.

Current **Middle School Track Athletes** can join at a **discounted rate** of \$30 per child / \$60 per family.

Make all checks payable to **River Dell Rec T & F** and mail to RD RTF, P.O. Box 226, Oradell, NJ 07649 along with a completed registration form below. **Registration deadline is Wednesday, March 8th**

We must emphasize the importance of proper supervision to have safe, organized practices and meets. We MUST have enough parent volunteers!! No prior experience is required; we have great mentoring coaches in place to help!!

****We require a parent/guardian to stay for practice and meets for children in 2nd & 3rd grade.****

Practice 1: Monday, March 27th - 6:15 – 7:30pm

Please select the dates you can volunteer.

Practice 2: Monday, April 3rd - 6:15 – 7:30pm

MEET 1: Sunday, April 9th – Developmental #1 @ Saddle Brook

Y or N

Practice 3: Monday, April 17th – 6:15 – 7:30pm

MEET 2: Sunday, April 23rd – Developmental #2 @ Hackensack

Y or N

Practice 4: Monday, April 24th - 6:15 – 7:30pm

MEET 3: Sunday, April 30th – Developmental #3 @ RIVER DELL

Y or N (& snack stand volunteers)

Practice 5: Monday, May 1st - 6:15 – 7:30pm

MEET 4: Sunday, May 7th – Developmental # 4 @ Fairlawn

Y or N

Practice 6: Monday, May 8th – 6:15 – 7:15pm

Practice 7: Monday, May 15th – 6:15 – 7:15pm

MEET 5: Sunday, May 21st – JO Qualifier @ Rutherford

Y or N

Practice 8: Monday, May 22nd – 6:15 – 7:15pm & PIZZA PARTY!!

MEET 6: Sunday, June 4th – NJ Striders Invitational @ Englewood

Y or N

If your child(ren) is/are interested in competing in ANY of the meets, you must register them at <http://njstriders.com/>.

*All questions and/or concerns can be directed to Andi Gallagher (201-925-0190 or andigall@ymail.com),
Cecelia Sargenti (201-314-2222 or csarge@hotmail.com), Stephen Nix (551-486-1579 or stevenix1@yahoo.com)*

All Participants should wear sneakers and should bring an additional sport drink or water bottle.

Last Name: _____ Phone#: _____ Emergency#: _____

First Name: _____ Gender (M/F) _____ Grade: _____ DOB: _____ T-Shirt Size: YS YM YL AS AM AL
 _____ Gender (M/F) _____ T-Shirt Size: YS YM YL AS AM AL
 _____ Gender (M/F) _____ T-Shirt Size: YS YM YL AS AM AL

Member of the MS Track & Field Program YES NO **Total Amount Enclosed** _____

Medical Condition(s): _____

Parent / Guardian Name(s) (Please Print): _____

Address (incl town): _____

Email Address(s) (Please Print): _____

Waiver & Release: I hereby approve of my child's attendance at the Bergen Athletic Clubs River Dell Track & Field Camp LLC, and certify that he/she is in good health and able to participate in the program and in all activities. Further, we do hereby waive, release and forever discharge this organization, its staff, representatives, and employees from any claims for damages ensuing from accident, injury to person or loss of personal property during this event, as well as participation in activities or arising from travel to facility. We also authorize the Director and staff to act for me accordingly in their best judgment in any emergency requiring medical attention.

Signature of Parent/Guardian: _____