

**2018 RIVER DELL REC TRACK & FIELD REGISTRATION FORM**  
**@ River Dell Regional High School**  
**FOR BOYS & GIRLS GRADES 2<sup>ND</sup> THRU 8<sup>TH</sup>**

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 \$50 per child / \$80 per family.

Current **Middle School Track Athletes** can join at a **discounted rate** of \$25 per child / \$40 per family.

Make all checks payable to **River Dell Rec T & F** and mail to **681 Center St. Oradell, NJ 07649** along with a completed registration form below. **Registration deadline is Wednesday, March 10<sup>th</sup>**

*All questions and/or concerns can be directed to:*

*David Saldana (201-218-1277 [dsyankees23@gmail.com](mailto:dsyankees23@gmail.com) or Melissa Saldana (201-417-3401 [msaldana318@gmail.com](mailto:msaldana318@gmail.com))*

**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 for children in 2<sup>nd</sup> & 3<sup>rd</sup> grade.\*\***

Please select the dates you can volunteer.

- |   |        |
|---|--------|
| Practice 1: Monday, April 2 <sup>nd</sup> – 6:30 – 7:45pm                               | Y or N |
| Practice 2: Monday, April 9 <sup>th</sup> – 6:30 – 7:45pm                               | Y or N |
| <b>MEET 1: Sunday, April 15<sup>th</sup> – Developmental #1</b>                         |        |
| Practice 3: Monday, April 16 <sup>th</sup> – 6:30 – 7:45 (JV Lax – start on back field) | Y or N |
| <b>MEET 2: Sunday, April 22<sup>nd</sup> – Developmental #2</b>                         |        |
| Practice 4: Monday, April 23 <sup>rd</sup> - 6:30 – 7:45 (JV Lax – start on back field) | Y or N |
| <b>MEET 3: Sunday, April 29<sup>th</sup> – Developmental #3</b>                         |        |
| Practice 5: Monday, April 30 <sup>th</sup> - 6:30 – 7:45                                | Y or N |
| <b>MEET 4: Sunday, May 6<sup>th</sup> – Developmental # 4</b>                           |        |
| Practice 6: Monday, May 7 <sup>th</sup> - 6:30 – 7:45                                   | Y or N |
| Practice 7: Monday, May 14 <sup>th</sup> - 6:30 – 7:45                                  | Y or N |
| <b>MEET 5: Sunday, May 20<sup>th</sup> NJ Striders Qualifier</b>                        |        |
| Practice 8: Monday, May 21 <sup>st</sup> - 6:30 – 7:30 & PIZZA PARTY!!                  | Y or N |
| <b>MEET 6: Sunday, June 3<sup>rd</sup> – NJ Striders Invitational</b>                   |        |

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

The contents of this flyer are provided solely as a public service. The event or activity described here is not in any way affiliated with the Oradell Public School, nor is it endorsed by the Oradell Board of Education.