

2019 RIVER DELL REC TRACK & FIELD REGISTRATION FORM

@ River Dell Regional High School 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 \$25 per child / \$45 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 Saturday, March 23rd**

All questions and/or concerns can be directed to:

David Saldana (201-218-1277 or Melissa Saldana (201-417-3401 riverdellrectrack@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 2nd & 3rd grade.****

Please select the dates you can volunteer.

Practice 1: Monday, April 1st – 6:30 – 7:45pm **Y or N**

MEET 1: Sunday, April 7th – Developmental #1 (TBD)

Practice 2: Monday, April 8th – 6:30 – 7:45pm **Y or N**

MEET 2: Sunday, April 14th – Developmental #2 (TBD)

Practice 3: Monday, April 15th – 6:30 – 7:45 **Y or N**

Practice 4: Monday, April 22nd - 6:30 – 7:45 **Y or N**

MEET 3: Sunday, April 28th – Developmental #3 (TBD)

Practice 5: Monday, April 29th - 6:30 – 7:45 **Y or N**

MEET 4: Sunday, May 5th – Developmental # 4 (Fairlawn)

Practice 6: Monday, May 6th - 6:30 – 7:45 **Y or N**

Practice 7: Monday, May 13th - 6:30 – 7:45 **Y or N**

MEET 5: Sunday, May 19th NJ Striders Qualifier (Rutherford)

Practice 8: Monday, May 20st - 6:30 – 7:30 & PIZZA PARTY!! **Y or N**

MEET 6: Sunday, June 2nd – NJ Striders Invitational (Englewood)

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

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_____ 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 clearly): _____

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: _____

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