

**2020 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 \$55 per child / \$90 per family. **Registration deadline is Wednesday, March 25th**  
 Current **Middle School Track Athletes** can join at a **discounted rate** of \$30 per child / \$50 per family.  
 Make all checks payable to **River Dell Rec T & F** and mail with form to **681 Center St. Oradell, NJ 07649**

*All questions and/or concerns can be directed to: [riverdellrectrack@gmail.com](mailto:riverdellrectrack@gmail.com)  
 Melissa Saldana (201) 417-3401 or David Saldana (201) 218-1277*

**We must emphasize the importance of proper supervision to have safe, organized practices. We MUST have enough parent volunteers. \*\*We require a parent/guardian to stay for practice for children in Grades 2 & 3.\*\***

**Please select the dates you can volunteer.**

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|---|--------|
| Practice 1: Monday, March 30th – 6:30 – 7:45 pm (start after HS meet)             | Y or N |
| Practice 2: Monday, April 6 <sup>th</sup> – 6:30 – 7:45 pm (start after HS meet)  | Y or N |
| Practice 3: Monday, April 13 <sup>th</sup> – 6:30 – 7:45 pm                       | Y or N |
| <b>MEET 1: Sunday, April 19th – Developmental #1 (West Milford HS)</b>            |        |
| Practice 4: Monday, April 20th - 6:30 – 7:45 pm                                   | Y or N |
| <b>MEET 2: Sunday, April 26<sup>th</sup> – Developmental #2 (Hackensack HS)</b>   |        |
| Practice 5: Monday, April 27 <sup>th</sup> - 6:30 – 7:45 pm                       | Y or N |
| <b>MEET 3: Sunday, May 3rd – Developmental # 3 (Fairlawn High School)</b>         |        |
| Practice 6: Monday, May 4 <sup>th</sup> - 6:30 – 7:45 pm                          | Y or N |
| <b>MEET 4: Sunday, May 17th NJ Striders Qualifier (Rutherford Memorial Field)</b> |        |
| Practice 7: Monday, May 18 <sup>th</sup> - 6:30 – 7:45 pm                         | Y or N |
| <b>MEET 5: Sunday, May 31st – NJ Striders Invitational (Englewood)</b>            |        |
| Practice 8: Monday, June 1 <sup>st</sup> - 6:30 – 7:30 & PIZZA PARTY!!            | Y or N |

**All participants should wear sneakers and bring a sports drink or water bottle.**

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 Last Name: \_\_\_\_\_ Phone#: \_\_\_\_\_ Emergency#: \_\_\_\_\_  
 First Name(s): \_\_\_\_\_ (M/F) Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: YS YM YL AS AM AL  
 \_\_\_\_\_ (M/F) Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: YS YM YL AS AM AL  
 \_\_\_\_\_ (M/F) Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ 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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