

Norristown PAL "TEAM SPEED" Track Club

2010 Registration Form

Please include a copy of each child's BIRTH CERTIFICATE and CURRENT PHOTO

Make all forms and payments to:

Norristown PAL Track Club

Father/ Guardian Name:	Work Phone:
	Cell Phone:
Mother/ Guardian Name:	Work Phone:
	Cell Phone:

Mailing Address:

City, State, Zip	
Home Phone:	Email Address:
Emergency Contact:	

The Registration Fee is \$75.00 per athlete; for a Family of three (immediate Family only), the Fee is \$200.00; for a Family of four or more, the Fee is \$250.00. This Fee will include all the Spring Track Meets and the respective athlete's uniform(s). Registration will close, April 18, 2010. After this date, there will be a \$10.00 later charge fee, in addition to the \$75.00 registration fee.

Athlete Name	DOB	Male/Female
Uniform Size (Tights):		
T-Shirt size:		

IN CONSIDERATION OF THE PERMISSION GRANTED TO THE BELOW NAMED ATHLETE BY NORRISTOWN PAL TRACK CLUB, IN PARTICIPATE IN ANY OF IT'S PROGRAMS, I RELEASE, NORRISTOWN PAL AND IT'S AGENTS FROM ALL ACTION, DAMAGES, CLAIMS OR DEMANDS, WHICH I, MY HEIRS, EXECUTORS, ADMINISTRATORS OR ASSIGNS MAY HAVE AGAINST NORRISTOWN PAL, FOR ALL INJURIES KNOWN OR UNKNOWN WHICH THE BELOW NAMED ATHLETE MAY INCUR BY PARTICIPATING IN THIS CLUBS PROGRAMS. I ALSO AGREE TO RELEASE AND HOLD HARMLESS, NORRISTOWN PAL, FOR ANY SUSTAINED DAMAGES. I ALSO STATE THAT THE BELOW NAMED ATHLETE HAS BEEN APPROVED BY A LICENSED MEDICAL PHYSICIAN TO PARTICIPATE IN ANY OF THE CLUB PROGRAMS. I AUTHORIZE ANY MEDICAL EXAM, IMAGING, ANESTHETIC, MEDICAL OR SURGICAL TREATMENT, HOSPITAL CARE OR EMERGENCY PROCEDURES, INCLUDING LIFE SAVING MEASURES, TO BE RENDERED TO THE BELOW NAMED ATHLETE WHEN NECESSARY.

ATHLETE SIGNATURE (Print):	ATHLETE SIGNATURE:
PARENTGUARDIAN SIGNATURE (Print):	PARENT/GUARDIAN SIGNATURE:

Child's Name:	
Sex: (circle one) Male / Female	Date of Birth: (Month, Date, Year-0000)
Address:	
City, State, Zip	
Name of Parent of Guardian:	
Parent/Guardian-Home#:	Parent/Guardian-Work#:
Emergency Contact:	Phone#
Insurance Company Information:	
Name:	
Policy #:	Group#:
Primary Physician:	Phone#:

ALL OF THE FOLLOWING QUESTIONS MUST BE ANSWERED-Has your child ever had any of the following?

High Blood Pressure	Y/N	Hospitalizations	Y/N
Heart Murmur	Y/N	Fractures/dislocations	Y/N
Frequent Chest Pains	Y/N	Organs Missing (kidneys, testicule, Spleen, etc.)	Y/N
Family History, Sudden Death	Y/N	Bleeding Disorder (blood coagulation Defect)	Y/N
Asthma	Y/N	Solitary functioning eye	Y/N
Diabetes	Y/N	Retinal detachment history	Y/N
History of undue tiredness	Y/N	Recurring skin defects	Y/N
Epilepsy, seizures, or Convulsions	Y/N	Heat Exhaustion/heat stroke	Y/N
Concussions or head injuries	Y/N	Chronic recurrent illness	Y/N
Loss of consciousness after Head injury	Y/N	Any serious injury not mentioned Above	Y/N
Is he/she currently under the care of a Physician for medical or surgical Problems?	Y/N	Does he/she take any medication? If yes, medication and dosage	Y/N
		Has he/she been medically advised, to participate in any sport?	Y/N

IF ANY OF THE ANSWER TO ANY OF THE ABOVE IS YES, PLEASE INDICATE IF YOUR CHILD HAS BEEN CLEARED TO PARTICIPATE IN SPORTING ACTIVITIES. IF YES, PLEASE ATTACH A COPY OF THE DOCTORS CLEARANCE LETTER. IF YOUR CHILD IS NOT CLEARED, PLEASE SEND A COPY OF THE DOCTORS LETTER STATING THAT THE CHILD IS NOT CLEARED TO PARTICIPATE. PLEASE INDICATE, A DATE AND DOCTORS INFORMATION.

SIGNATURE OF PARENT/GUARDIAN

DATE

Registration & Fees

The new registration fee is \$75.00 per athlete. For a family of three or more (immediate family only), the fee is \$200.00; for a Family of four or more, the fee is \$250.00. This fee will include all the spring track meets and the respective athlete's uniform. Registration will close, April 18, 2010. After this date, there will be a \$10.00 late charge fee, in addition to the \$75.00 registration.

Purpose & Function

PAL is a grassroots organization consisting of volunteers, coaches, parents, and alumni. The organization provides healthy recreational programs for athlete's ages (8-19*), emphasizing track and field training and competition. PAL Track and Field will be competing in USATF (United States of America Track and Field) national sanctioned track meets events. The club's mission is to support the overall development of its participants by developing physical and athletic skills while instilling character and sportsmanship. Our purpose is to motivate each athlete to aspire to achieve leadership, discipline, and integrity through track & field. PAL strives to meet the needs of all participants regardless of their performance level. The individual who makes the attempt is as much a part of the group as he or she who may attain the highest level of achievement. Remember, Work Hard, and "Do what you have to do, so you can do what you want to do"!

Training Program

Practice sessions are conducted by the coaching staff, (only). We encourage all athletes to attend the scheduled training activities. Practice for the developmental program will be held at Roosevelt Field, across the street from the PAL Center, 340 Harding Blvd. The travel teams practice will be held at Villanova University, located on Lancaster Ave (Rte. 30), off of highway route 476.

Age Division

AAU Age Classifications

Primary (8 yrs. old)	Born 2002
Sub-Bantam (9 yrs. old)	Born 2001
Bantam (10 yrs. old)	Born 2000
Sub-Midget (11 yrs. old)	Born 1999
Midget (12 yrs. old)	Born 1998
Sub-Youth (13 yrs. old)	Born 1997
Youth (14 yrs. old)	Born 1996
Interm. (15&16 yrs. old)	Born 1994 & 95
Young (17& 18 yrs. old)	Born 1992 & 93

USATF Age Classifications

Bantam	Born 2000+
Sub-Bantam	Born 2000-2001
Midget	Born 1998-1999
Youth	Born 1996-1997
Intermediate	Born 1994-1995
Young	Born 1992-1993+

Some Facts & Information

Spring (developmental program) practice is held at the, Roosevelt Field, (near Elmwood Park, directly across the street from the PAL center). The first day of practice will begin Monday, March 8, 2010 through the beginning of our summer program (travel team). Practice will be held, Monday-Thursday, from 6-7:30 pm, with Sunday practices as optional days, for those that are very serious about the sport! Sunday practices are from 10-11:30am, with various practice location. Practices all start with, warm up laps, proceeding by stretching, which begins @ 6 pm sharp, followed by running drills and the balance of practice. Beginning June 2nd, some Sunday practices are cancelled, because of competition, which may be on the same day.

Travel Team-Summer practice is held at Villanova University, on Lancaster Ave., off of highway route 476. (10 minutes from Norristown). Practices are held at the same time, from 6pm -7:30pm, Monday through Thursday. Summer practices will include instruction and advance training for all AAU/USATF track & field events. The summer training is more advanced and structured, with different drills and more intense practices.

The purpose is because you will be competing with kids from across the U.S., and sometimes International competition, which makes the sport more competitive.

Rest Rooms-We do have restrooms available on the practice facility at Roosevelt Field and at Villanova University.

Supervision of Younger Athletes-Parents of children, ages 9 and under, should attend all practices and meets, for child safety reasons.

Water-Every athlete should bring an ample supply of drinking water with them to all practices and meets even, on cool days. PAL does have (2) water fountains.

Practice Attire-Athletes should wear comfortable, non-restrictive clothing to practice. The following attire is recommended/required for practice based upon weather conditions:

- Shorts, T-shirts,
- Sneakers, specifically designed for running and in good condition, should be used to prevent injury
- **Sweat pants are required for every practice, regardless of the temperature!** Sweatshirts are recommended to keep the athletes warm, before and after practice, also b/c of weather changes,
- Running spikes are not to be worn at practice, under any circumstance, unless announced by the coaching staff
- No headphones or inappropriate clothing may be worn at practice

Inclement Weather- You can call the PAL Center, if there are any changes in practice schedule, due to inclement weather, 610-278-8040. You can call up 30 minutes before practice to reflect cancellation or alternate plans.

Code of Conduct- Athletes are expected to be attentive and cooperative. Disruptive behavior, foul or abusive language, or inappropriate contact between athletes will not be permitted.

Medical Conditions- The Head Coach, of each Program, should be aware of any medical conditions impacting an athlete such as but not limited to: Asthma, Allergic reactions (like, bee stings), Behavioral Issues, Injuries, etc., and any prescribed medications the Athlete may be carrying or requiring. Information will be kept confidential, as required. PAL maintains a basic medical kit for minor injuries, such as skin abrasions/cuts.

Uniforms-All Team uniforms must be worn in competing developmental or sanctioned track meets. We must be an organized and uniformed club.

Questions- If you have any questions or concerns about membership e.g., fees, uniforms, meets, or anything of such, please speak with a PAL Membership Representative at practices. All questions regarding athletic training, activities on the track or meet placement, should be presented to one of the PAL Coaches before or after practice.

Recommended retailers for running shoes, spikes, and gear:

Sneaker World
2915 DeKalb Pike
Norristown, Pa 19403
610-275-3609

Jenkintown Running Co.
1661 The Fairway Roslyn
Jenkintown, Pa 19046
215-887-2848

Bryn Mawr Running Co.
828 Lancaster Ave.
Bryn Mawr, Pa
610-527-5510

Websites:

- Eastbay.com
- Firsttothefinish.com
- Everythingtrackandfield.com