



2015 Track & Field Team Registration

Please complete and return with a COPY of Birth Certificate.

Child's Name: _____ Birthday: ___/___/___ Age: ___ M / F
 Address: _____
 Phone: _____
 Email: _____ (you may list more than one)
 Father: _____ Emergency #: _____
 Mother: _____ Emergency #: _____

MEDICAL INFORMATION

Health Insurance: Y/N Provider Name: _____ Policy/Member #: _____

Circle any that apply:

physical limitations asthma allergies migraine nosebleeds medical limitations other

Please explain:

Season Fee: \$225

Season Fee includes: AAU/USATF Membership, meets through States/Districts, team uniform, t-shirt and sling-bag. Regionals, Nationals, Junior Olympics and travel meets will incur additional expense.

*Uniform singlet and shorts may be returned at the end of the season for a \$30 refund. A discount will be applied if athlete has a current AAU or USATF Membership. **Installment plan and multi-child discount is available.***

Uniform Sizing: (please circle)

Shirt: YS YM YL A S AL AXL AXXL **Shorts:** YS YM YL A S AL AXL AXXL

COMMITMENT:

100% Money Back Guarantee before 2nd week for any **first time** participant who does not want to continue for any reason. We require a 30-day written notice to withdraw after that time. Refunds are given for any remaining credits after the required 30-day notification. You are committing to a spot on the team for the entire season; therefore there will be no refunds for days or competitions missed. Returned bank check fee will be \$35.

I fully understand that my child has registered for instruction and has committed to the Flames Inferno Team. Registration requires payment prior to my child being able to participate. I understand that overdue balances and fees may prevent my child from participating in practices and competitions. I give permission to Flames Inferno to use images of my child for marketing purposes and for program development. I recognize the fact that any physical activity involving motion creates the possibility of severe injury. I give permission for employees and certified volunteers to temporarily render first aid in case of an emergency. I hereby and forever release Flames Inferno, its owners, agents and employees from any claims on any injuries which may be sustained while participating in this program. I acknowledge these policies and accept these terms for my child.

Parent or Guardian Signature: _____ Date: ___/___/___

FLAMES 2015 Track & Field

Welcome to the 2015 Flames! Our program has had many changes since 2014, so please be sure to read this information thoroughly.

While our program prepares youth athletes for competition, helping them to become stronger and more confident in their abilities, we concentrate on the *whole* individual. Our focus is on sportsmanship, team work, personal responsibility, setting and achieving goals, and building a strong work ethic. We feel that this not only prepares them for their sport, but for the world outside of athletics.

Scheduled training is 4-5 days per week, but if you are unable to attend, a "homework" workout will be available.

Our coaching staff is looking forward to sharing an amazing season with you and your child!

Uniforms

We have new uniforms for the 2015 season. These are included in your registration. You will also receive a team t-shirt and drawstring bag. If you would like a full-sized, embroidered bag, it will be an additional purchase (see below). Uniforms may be returned for a \$30 refund at the end of the season.

Item Description	Team Member	For Fans
T-Shirt	<i>included</i> (\$15 to replace)	\$15
Singlet/Shirt	<i>included</i> (\$25 to replace)	
Shorts	<i>included</i> (\$25 to replace)	
Full-size bag	\$50	
Hoodie	\$30	\$35

Footwear

For practice and road races, a good running/training shoe is recommended. We will be putting a lot of miles on these shoes, so quality is important.

For competitions, it is recommended that you purchase a pair of event-appropriate shoes/spikes. Your athlete will be mainly running on grass and track surfaces, where **traction is important**. You can find these at stores such as Big Peach Running, Dick's Sporting Goods, online, etc. If you need recommendations, your coach will be happy to assist.

Safety

Practices may be cancelled or rescheduled to due extreme weather or heat. Please be sure that we have current and reliable contact information for your family.

Hydration during summer months is a must. Please bring adequate water to each practice and meet. It will be helpful if water bottles are labeled with your child's name.

Sunscreen, sunscreen, sunscreen! Please do not risk sun damage or burns. Your coaching staff will carry sunscreen. If your child requires a special type, please be sure to apply this before practice or meets, and send it with your child for re-application. This will be needed due to sweating.

Transportation

Travel arrangements to and from meets is the responsibility of the athlete's family. Carpooling is encouraged, and your coaching staff will always be driving at least one mini-van. Special arrangements will be made if you choose to participate in/qualify for travel meets.

Expectations

The most important expectation that we all should share is to have fun and to grow as athletes, competitors and teammates! As with anything, what you put into something directly affects what is gotten out of it. We encourage attendance at as many practices and meets as is practical. We do understand that summer months usually involve travel, and allowances will be made. Please inform the staff of any known dates that will be missed. If a meet requires participation in a previous meet that your child has missed, depending on the cause of absence, a petition may be submitted. These are usually only granted in extreme cases. Some meets do have events are open that do not need prior participation, but this is at the discretion of meet officials.

Team Etiquette

For Athletes: Sportsmanship is your number one priority. At all times you are to be respectful to teammates, officials, staff, other competitors and the facilities. You are to congratulate and encourage your competitors and teammates. You are to use manners and thank the officials. Infractions can result in being "benched" for a meet, losing travel privileges, and in extreme cases, being dismissed from the team. Negative actions can also result in you and your teammates being disqualified from a competition for Unsportsmanlike Conduct.

Participation in athletics is a privilege. Accordingly, athletes must meet certain standards in order to earn the privilege of participation. At a minimum, the following standards are required:

1. Exhibit public behavior that will reflect positively on the team, school, your family, and community. Athletes should not be engaged in any activity that would result in police intervention.
2. Exhibit responsible, respectful, and trustworthy behavior to teammates and the coach.
3. Comply with all team, school, and league rules, regulations, and policies.
4. Exhibit appropriate behavior at all team and related activities.
5. Attend all team functions unless ill or given prior permission to be absent by the coach.
6. Respect and comply with decisions made by the coaching staff.
7. Respect calls and decisions made by officials.
8. Display good sportsmanship at all times.
9. Report to the coach any issues or developments that may affect eligibility status.
10. Social Media, Blogs, Web Pages: These are considered an extension of how you represent yourself. Pictures and/or information included on such sites will be considered the truth. Any student acts/speaks in a derogatory way, posts inappropriate material and photos will held to the same standards as if acting in person.

For Parents: You are a representation of our program as much as any other team member and we welcome you! Ill-will and bad-mouthing other teams, athletes, parents, officials and coaching staff is not acceptable. If a dispute or problem arises, please make an appointment to meet with the Head Coach at the end of practice or meet to resolve the issue. If an issue needs immediate attention, please act accordingly. We welcome encouragement during practices and competitions, but please leave coaching your children to the team staff. Please be respectful to those around you, including facilities. Infractions can result in the staff closing practices and at meets our team can be disqualified for Unsportsmanlike Conduct.

FLAMES Team Practice Schedule

2015 Track & Field



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:45pm*	6:30-7:45pm*	6:30-7:45pm*		6:00-7:30pm*	

** For safety purposes, practice times will change as daylight hours and temperature changes occur.
Updates to practice times and cancellations due to weather will be posted and sent via email/text message.*

All team members will need to bring the following to practices:

- Water bottle
- Appropriate footwear and socks
- Sunscreen
- Bug repellent (if desired)

Regular season AAU/USATF developmental league competitions will be held May through June. Nationals and Junior Olympic games (if qualified) are held in July.

2015 FLAMES Competition Schedule

Date	Meet Name	Location	League
MAY 2015			
May 23 rd - 24 th	9 th Annual Mark Trail Memorial	Westlake High School Atlanta, GA	USATF (dev)
May 30 th	Track Phi Track Invitational	Parkview High School Lilburn, GA	USATF (dev)
JUNE 2015			
June 6 th	USATF Area A Preliminary Meet*	Marietta High School Marietta, GA	USATF (JO)
June 11 th – 14 th	AAU Districts/Regional Qualifier*	TBD	AAU (JO)
June 18 th – 24 th	USATF Georgia State Championships*	Mill Creek High School Hoschton, GA	USATF (JO)
June 25 th - 28 th	AAU Regionals**	Eastside High School Taylor, SC	AAU (JO)
JULY 2015			
July 9 th – 12 th	USATF Regionals**	Mill Creek High School Hoschton, GA	USATF (JO)
July 13 th – 19 th	AAU Club Nationals***	ESPN Wide World of Sports Orlando, FL	AAU (JO)
JUNIOR OLYMPICS			
July 27 th – Aug 2 nd	USATF Junior Olympics**	University of North Florida Jacksonville, FL	USATF (JO)
Aug 3 rd – 8 th	AAU Junior Olympics**	Dick Price Stadium Norfolk, VA	AAU (JO)

We will be selecting up to 2 meets in May according to readiness and scheduling.

* *Required to run the next meet in the series*

** *Qualifying performance required except pole vault, javelin, steeplechase and multi-events.*

*** *Optional travel meet*