



2018 YOUTH TRACK & FIELD SERIES

Woodbury High School Track & Field Complex

Dear Students and Parents:

You are invited to participate in the Road Runners Club of Woodbury 2018 Youth Track & Field Series at the Woodbury High School Stadium. Track and Field has a rich tradition in Woodbury and is a sport that offers something for everyone.

The RRCW Youth Series introduces the sport through a variety of clinics offering instruction and friendly competition. We will offer four weeks of instruction and meets starting Monday May 21st.

The Series will run for four weeks (**Mon 5/21, Tues 5/29, Mon 6/4 and Mon 6/11**) and is open to all boys and girls in Grades K-5. The first two nights will be practice, beginning promptly at 6:00 pm and concluding at 7:30 pm. The last two Mondays will be track meets beginning at 6:00 pm and concluding when the meet is finished. Students will be instructed in throwing, running, and jumping events.

*Parent/ guardian volunteers are needed to make our program a success. If you are interested and are able to help please e-mail RRCWtrack@yahoo.com

TO REGISTER: e-mail your child's name, age & school to RRCWtrack@yahoo.com.

COMPLETE & BRING the attached registration & waiver form with you to the clinic. No participation will be allowed without a complete and signed form.

EQUIPMENT: Children should wear sneakers or running shoes and BRING PLENTY OF WATER.

Parents must be present during youth series in case of weather or other emergency.

We look forward to seeing you soon for this fun and exciting event!

Sincerely,
Geoff Shute
RRCW Youth Program Director



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When: Mondays at 6:00pm (5/21, 6/4, 6/11)

Tuesday at 6:00pm (5/29)

Who: Open to all Girls & Boys Grades K-5.

What: A series of Free Clinics and meets for kids by RRCW.

Events: Running, throwing, jumping.

Goal: Introduction to all that Track & Field has to offer. Try new events, improve performance. Have fun, fun, fun!

WAIVER & RELEASE-All children participating in the program must have a waiver signed by a parent or guardian. The undersigned is the parent or guardian of the minor whose name appears below. I know that running, jumping and throwing is a potentially hazardous activity. I know that the minor should not enter and run, jump or throw unless medically able and properly trained. I agree to abide by any decision of an event official relative to the minor's ability to safely complete the risks associated with running, jumping or throwing in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the track and field, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and acting on my own behalf, or the minor's behalf, I hereby waive and release the Road Runners Club of Woodbury, Inc., and its officers and agents, the City of Woodbury, the Woodbury Board of Education and the Woodbury Public Schools, their respective officers, agents and employees, all sponsors, their representatives and successors including the Road Runners Club of America, its officers, directors and agents from all claims or liabilities of any kind arising out of the minor's participation in this event. I further empower and authorize the event director to consent to and authorize any medical care or treatment for the minor which may appear reasonably necessary as a result of emergency, accident or illness of the minor whether occurring before, during or after the event.

TO REGISTER: e-mail your child's name, age & school to RRCWtrack@yahoo.com.

COMPLETE & BRING this completed registration & waiver form with you to the clinic.

Minors Name _____ **Age/Grade** _____

Parent/Guardian Name _____ **Date** _____

Signature _____

Address _____ **City** _____ **State** _____ **Zip** _____

Phone _____ **e-Mail** _____