



Umoja Track Club

"...Not Just Track & Field, It's A Way Of Life"

Athlete Registration

❖ Please print in all capital letters.

Athlete's Name (as on birth certificate):

Last Name

First Name

Initial

Nickname:

Date of Birth (MM/DD/YYYY):

Current Age:

Gender:

Male

Female

School:

Grade:

Street Address:

City, State, Zip:

Parent's/Guardian's Name:

Email:

Phone:

Parent's/Guardian's Name:

Email:

Phone:

I agree to abide by the rules of Umoja Track Club (the Club).

I understand that:

- With my child's membership, I assume the responsibility of assisting with the competitions that the Club participates in and any fundraising that the Club may hold.
- The photos and videos taken during the Club activities may be used on the Club website.
- All fees are **non-refundable** with no exception.

Signature of Parent/Guardian:

Date:



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Medical Consent and Waiver

Athlete's Name: _____

Date of Birth (MM/DD/YYYY): _____

Date of Last Physical: _____

Insurance Carrier: _____

Policy No.: _____

Physician's Name: _____

Physician's Phone: _____

Conditions (Check all that apply)

- Sight Cancer Kidney Skin Conditions Emotional Disorder
- Hearing Orthopedic Asthma Respiratory ADHD
- Epilepsy Diabetes Allergy (Please specify) _____
- Other (Please specify) _____

Emergency Contact

Parent's/Guardian's Name: _____

Phone: _____

Parent's/Guardian's Name: _____

Phone: _____

If there is an emergency and neither parent is available, who can be contacted?

Name: _____

Phone: _____

I hereby give my consent for the above athlete to participate in Umoja Track Club (the Club). I, the undersigned, hereby waive and release any and all claims I may have against the Club, its officers, directors, employees, coaches, agents, or its representatives, from any and all liability due to personal injury resulting from activities sponsored by the Club or for which the Club is a participant. I authorize the coaching staff of the Club to make any decisions concerning health, welfare and safety including medical treatment for this athlete during my absence.

I have read and understand the above information.

Parent's/Guardian's Name: _____

Signature of Parent/Guardian: _____

Date: _____



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Uniform Agreement

The uniform of the Club is a very expensive item. It is the responsibility of parents to take care of and maintain the uniforms in the very best condition. In an effort to keep the costs of this program down, it is important that the all uniforms be returned to us immediately upon conclusion of his/her season.

Guidelines to Keep Uniforms in Good Condition

- Always wear shorts and a t-shirt over uniforms before and after each event.
- Remove lane stickers immediately after each event.
- To remove sticky residue from lane stickers, spray WD-40 over the residue and gently (very gently) scrape it off. Charcoal lighter, rubbing alcohol and nail polish remover work as well.
- Machine wash separately with cold water. Do not soak. Do not bleach.
- Tumble dry at low heat or hang to dry.

How to Return Uniforms

- Uniforms must be cleaned and lane stickers are completely removed following above guidelines.
- Place uniforms in a Ziploc bag and write athlete's name on the bag.
- Hand the uniform Ziploc bag to administration at (or prior to) the banquet.
- Receive your check.

I, _____, (parent or guardian) agree as a condition of my membership to Umoja Track Club to return immediately all uniforms assigned to my child. I authorize the withholding of my check to compensate for uniforms not returned, or for uniforms that are destroyed through abuse or negligence. The value of the uniforms is \$100.00.

Athlete's Name: _____

Parent's/Guardian's Name: _____

Signature of Parent/Guardian: _____

Date: _____

Check No.: _____



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GOOD SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY

BE A GOOD SPORT

ATHLETE'S CODE OF CONDUCT

I hereby pledge to live up to my responsibilities as an Athlete participating in the Umoja Track Club Program by following the Athlete's Code of Conduct.

1. I will play by the rules and never argue or complain about the official's decisions.
2. I will be a role model of good sportsmanship and character. I will meet my responsibilities to the coach and the team.
3. I will play for the fun of it, and do my best to make sure that participation in the sport of track and field is fun for all participants.
4. I will demonstrate fair play and sportsmanship. I will treat participants, coaches, recreation administrators, and the public with respect as I would like to be treated.
5. I will refrain from the use of drugs, alcohol, or tobacco at all youth sports events.
6. I will make only positive and encouraging comments to athletes on my team as well as athletes on competing teams. I will be a good sport by cooperating with my coaches, teammates, opponents, and officials.
7. I will remember that the goals of being an athlete are to have fun, improve skills, and feel good about participating in a sport.
8. I will not take my participation in track and field or myself too seriously.
9. I will control my temper.
10. I will work equally hard for the team as for myself, and will always give my best effort.
11. I will demonstrate good sportsmanship.
12. I will maintain a "C" grade point average or better in order to participate at track and field events as a member of the Umoja Track Club.

I understand that the penalties for not adhering to this Code of Conduct may range from a verbal warning to expulsion from the Club without refund.

I Will Demonstrate Good Sportsmanship

Athlete's Name: _____

Signature of Athlete: _____

Date: _____



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PARENT'S CODE OF CONDUCT

I hereby pledge to live up to my responsibilities as a Parent/Guardian of a child participating in the Umoja Track Club Program by following the Parent's Code of Conduct.

1. I will place the emotional and physical well-being of the children above any personal desire to win. I will help my child understand the valuable lessons sports can teach.
2. I will be a role model of good sportsmanship and character. I will help my child meet his/her responsibilities to the coach and the team.
3. I will do my best to make sure that training and track meets are fun for all participants.
4. I will lead by example in demonstrating fair play and sportsmanship to all participants. I will treat participants, coaches, and the public with respect.
5. I will help maintain a sports environment for all participants that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
6. I will make only positive and encouraging comments to Umoja Track Club athletes as well as athletes on opposing teams. I will not interfere or coach from the stands.
7. I will remember to not take my child's participation in the sport of track and field or myself too seriously.
8. I will strive to create a positive recreational experience for everyone involved in the activity.
9. I will remember that I am a youth sports parent, and that children are the participants not adults. Accordingly, I will encourage my child to participate in sports by providing a supportive atmosphere, but not pressure.
10. I will discuss the significance of this code with my family members.
11. I will support my child's effort to maintain a "C" grade point average or better in order to participate at track and field events as a member of the Umoja Track Club.
12. I will assist with the running of the annual team track meet.
13. If I participate in a fund raising event, I understand that the funds will go to the Club general fund where it will be used to support the operations of the team in general as dictated by the Board of Directors and the coaches, unless otherwise specified.
14. I or an adult representative of our family will attend the parent/athlete meetings so that we can get firsthand knowledge about team issues and clarify any questions or concerns.

I understand that the penalties for not adhering to this Code of Conduct may range from a verbal warning to expulsion from the Club without refund.

I Will Demonstrate Good Sportsmanship

Parent's/Guardian's Name: _____

Signature of Parent/Guardian: _____

Date: _____