

SUMMER TRACK AND FIELD CAMP



Join ORR Head Coaches Bill Tilden & Cindy Tilden, ORR assistants/ hurdle coach Sean Medeiros, Foxboro Head Coach Myles Eldridge, New Bedford Head Coach Isiah Houtman, Wareham Head Coach Chris Gardner, and Bourne Head Coach Gerry Czarnetzki for this 4 day camp which allows you participate in several events or to focus on areas you need to strengthen. Designed for athletes entering grades 5 through 12.

SESSION SCHEDULE

Saturday July 30th-Tuesday August 2nd 9:00 to 11 a.m.
at ORR High School Track

PROGRAM COST

\$125 per participant
Registration for t-shirt by July 16th

Registration will be available day of.

Summer Track Club

Name: _____ M/F Grade (in Sept): ____ Age: ____ T-Shirt Size Adult S M L XL

Address: _____ Town: _____

Parent(s)/guardian(s) Name: _____

Home #: _____ Cell #: _____ E-mail: _____

Emergency Contact: Name _____ Home/Work/Cell# (circle one) _____

List any medical condition(s) or allergies we should _____

Track Events:

(Please check all that apply) 1 Mile _____ 2 Mile _____ 800 _____ 400 _____ 200 _____ 100 _____
400 hurdles _____ 100 hurdles _____ shot put _____ discus _____ javelin _____ high jump _____ long
jump _____ triple jump _____

Please make checks payable to South Coast Running/Cindy Tilden

Mail to: 481 Mill St. Marion, Ma 02738

South Coast Running has a **ZERO TOLERANCE POLICY** to address adverse situations that may occur. Anyone, whose action disrupts, shows poor sportsmanship or in any way adversely affects the participants or programs offered by the committee will be subject to the following: At the discretion of the Recreation Director, and staff, the offender(s) will be asked to leave the building or immediate playing area. Depending on the severity of the incident, further action may be required.

Read and Accepted

Player Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

I, the undersigned _____, do hereby consent to my participation (or consent to the child's participation) in voluntary or recreation program(s) of South Coast Running/Old Rochester Regional.

I also agree to forever release the South Coast Running/Old Rochester Regional, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation program(s) of South Coast Running/Old Rochester Regional from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in South Coast Running/Old Rochester Regional voluntary activities or recreation program(s).

I also promise, to indemnify, defend, and hold harmless South Coast Running/Old Rochester Regional against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in South Coast Running/Old Rochester Regional voluntary activities or recreation program(s).

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said program(s). By signing this Form, I affirm that I have decided to participate in South Coast Running/Old Rochester Regional as a volunteer or in its recreation program(s) with full knowledge that South Coast Running/Old Rochester Regional will not be liable to anyone for personal injuries and property damage that I may suffer in volunteer activities for South Coast Running/ Old Rochester Regional or its recreation program(s).

Name of Participant

Signature (Parent/Guardian Signature required if under 18 years of age)

Date