

{hrdl} Performance Group
Overcome
Obstacles

HPG Winter Track

Mandatory Meeting: Monday, 11/6, 6pm @ JPII (Plano)

Practice Start: 1st Monday in November

Mon/Tue/Thur: 6-7:30pm (Plano)

Group Training Sessions (November - January)

___ Sprints (100/200) or ___ Mid (400/800)
___ Hurdles (100h/110h/300h) ___ Jumps (LJ/TJ/HJ)
___ \$400 Nov - Jan or
___ payments: \$40/ session

Group Training fee is for facilities and coaching only. AAU registration, entry fees, and travel are separate.

Make checks payable to:

Coach Jeff Jackson

CHECK BOX IF COMPLETED ONLINE

Waiver and Release

Informed Consent and Acknowledgement

I hereby give my approval for my child's participation in any and all activities prepared by HPG Summer Track during the selected training. In exchange for the acceptance of said child's candidacy by HPG Summer Track, I assume all risk and hazards incidental to the conduct of the activities, and release, absolve and hold harmless HPG Summer Track and all its respective officers, agents, and representatives from any and all liability for injuries to said child arising out of traveling to, participating in, or returning from selected camp sessions.

In case of injury to said child, I hereby waive all claims against HPG Summer Track including all coaches and affiliates, all participants, sponsoring agencies, advertisers, and, if applicable, owners and lessors of premises used to conduct the event. There is a risk of being injured that is inherent in all sports activities, including Track & Field. Some of these injuries include, but are not limited to, the risk of sprains, avulsions, fractures, paralysis, or death.

Medical Release and Authorization

As Parent and/or Guardian of the named athlete, I hereby authorize the diagnosis and treatment by a qualified and licensed medical professional, of the minor child, in the event of a medical emergency, which in the opinion of the attending medical professional, requires immediate attention to prevent further endangerment of the minor's life, physical disfigurement, physical impairment, or other undue pain, suffering or discomfort, if delayed.

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examination and immunizations for the named athlete. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that every attempt will be made by the attending physician to contact me in the most expeditious way possible. This authorization is granted only after a reasonable effort has been made to reach me.

Permission is also granted to the HPG Summer Track and its affiliates including Directors, Coaches, and Team Parents to provide the needed emergency treatment prior to the child's admission to the medical facility.

Release authorized on the dates and/or duration of the registered season. This release is authorized and executed of my own free will, with the sole purpose of authorizing medical treatment under emergency circumstances, for the protection of life and limb of the named minor child, in my absence.

Athlete's Name: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

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Registration Form (Due before 1st Practice)

Athlete's First Name _____

Middle Initial _____

Last Name _____

Athlete's Birth Date ____ / ____ / ____ (age now ____)

Go to usatf.org and click on Join/Renew Now

USATF# _____

Go to play.AAUsports.org and Get Membership

AAU# _____

Shirt Size: XS S M L XL

Short Size: XS S M L XL

PARENT/GUARDIAN INFORMATION:

Parent/Guardian Name: _____

Address: _____

Phone #: _____ Cell/Work #: _____

Secondary contact name Relationship to student:

_____ (_____)

Phone #: _____ Cell/Work #: _____

Allergies:

Is an EpiPen required?

Any prescriptions/inhaler? Please give instructions.
ex. Asthma, inhaler on person at all times

Donation/Sponsor: Contact Coach.Jeff.Jackson@gmail.com or visit HurdleCoach.com and request information

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HPG Track Club

by {hrdl} Performance Group