

North Central College Track & Field
Cardinal Track & Field Series – Distance Running – 2010

Tuesday, December 21st-Thursday, December 23rd


Tuesday, December 28th-Thursday, December 30th

Who should attend: 5th-8th grade students - all abilities levels welcome
Where: North Central College, Naperville, IL—Res-Rec Center (south end of campus)
When: Tuesday, December 21st-Thursday, December 23rd (5:30pm-6:45pm)
Tuesday, December 28th-Thursday, December 30th (5:30pm-6:45pm)
Why: This is a great opportunity for young athletes to explore distance running
Fee: \$75 dollars; pre-registration is encouraged, prior to December 17th;
walk-in registration begins @ 5:00pm;
After Dec. 17th, please call or email if you anticipate attending

Other notes: Wear appropriate clothing/shoes for sessions (for activity/drills) - no black-soled shoes; bring water bottle and snack; restaurants are nearby for dining; lockers are available for changing/showering; please be prompt, sessions begin on time; due to safety and traffic, only registered participants will be allowed in the practice areas

General Schedule

Time Schedule	Activity
5:00pm-5:30pm	Registration/Check-in
5:30pm-5:40pm	Welcome/Running concept
5:40pm-5:50pm	Warm-up
5:50pm-6:30pm	Training concept
6:30pm-6:40pm	Strength/Cool down
6:40-6:45pm	Review

 **General Questions:** Mahesh Narayanan – 630-637-5525 or mahesh@noctrl.edu

Please print information. Return payment and bottom portion to:

North Central College Track & Field
c/o Mahesh Narayanan
450 S. Brainard—cm#286, Naperville, IL 60540

Name of participant _____ Male or Female (circle)

Contact # _____ Email: _____

Address _____

Ability Level (circle): Beginner (0-1 years) Intermediate (2-3 years) Advanced (3 or more)

Payment method (credit card or checks, do not send cash—make checks payable to *North Central College*)

Amount total: \$ _____ Credit Card (circle): Visa Master Card Discover

Expiration Date _____ Credit Card# _____

VIN# _____

Note: Participants are responsible for their respective State and Institutional rules for participating in an offseason event relating to their sport. Please advise your Athletic Director about participation rules and eligibility.

Parental Consent/Waiver (for all participants)

I, or we, hereby grant permission for my child to attend the Cardinal Track & Field Series. I, or we, verify that my child has had a physical exam in the past year and is capable of participating in the activities relating to track & field. I, or we, agree to indemnify, hold harmless and defend North Central College and/or their respective officers, agents, representatives, successors, and/or assigns from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I, or we, hereby authorize any physician or trainer selected by clinic personnel to order and conduct medical or surgical procedures necessary. In addition, I, or we, hereby grant permission for North Central College to use athlete's name, photographs and/or videotape of related clinic activities for advertising or educational purposes in any media production.

Parent/Guardian Name _____

Signature _____

Date _____