

North Central College Track & Field Cardinal Track & Field Series – 2016

Saturday, December 10th

Who should attend: 8th – 12th grade students & coaches - all ability levels welcome
Where: North Central College, Naperville, IL—Res-Rec Center (south end of campus)
Why: This is a great opportunity for athletes and coaches to explore various track & field events.
What: All sessions will be “learn by doing” format.
Pre-registration: Registration is due by **Monday, December 5th**.
Late-registration: After Dec. 5th, please contact Coach Amy via email (alpolhemus@noctrl.edu)
Other notes: Wear appropriate clothing/shoes for sessions (for activity/drills) - no black-soled shoes; bring water bottle and snack; bring implements; 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.

Session I: December 10 th	Event	Fee
9:00am-9:30am	Registration/ Check-in	
9:30am-11:15am	High Jump	\$45
9:30am-11:15am	Hurdles	\$45
9:30am-11:15am	Throws	\$45
9:30am-11:15am	Long Jump/ Triple Jump	\$45

General Questions: Amy Polhemus – 630-637-5565 or alpolhemus@noctrl.edu



Please print information. Return payment and bottom portion to:

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

Name of participant _____ Male or Female (circle) Age _____ Grade _____

Contact # _____ Email: _____

Address _____

Session I (circle one): HJ Hurdles Throws LJ/TJ **Ability Level (circle):** 0-1 years 2-3 years 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 _____