



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONLINE
REGISTRATION NOW
AVAILABLE!
www.MCYMCA.com/OnlineRegistration

**1st – 6th Grade
Boys & Girls**

**April 3rd –
May 31st**

**Practices:
5:15 – 6:15PM
Tues/Wed/Thurs**

Saturday Meets

**Coaches:
Sueann French
Jill O'Neal
Meshell Billings**



APRIL – MAY

Red Oak Track Club

Track Club is Back!

The Red Oak Track club will offer skill development and fitness improvement for boy and girls in grades 1st -6th. The club will focus on all track and field events (sprints, relays, shot put, discus, long jump, high jump, distance runs, etc.) as kids will learn good run/sprint techniques and training habits. There will be various out-of-town meets on Saturdays. Parents must provide transportation. A good pair of running shoes are needed.

Uniforms will be provided!

Cost: Y Members: FREE, Youth Members: \$10, Non-Members: \$25

Parent's Meeting: April 3rd, 5:30PM @ The Track

Registration Deadline: April 15th 2018

MONTGOMERY COUNTY FAMILY YMCA

101 East Cherry Street
Red Oak, IA 51566
712-623-2161

Online Registration @
[www.MCYMCA.com/Online
Registration](http://www.MCYMCA.com/OnlineRegistration)



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Red Oak Track Club Registration
 (Online Registration Available @ www.MCYMCA.com/OnlineRegistration)
 Deadline: April 15th, 2018

Participant: _____ Birthdate: ____/____/____ Grade: _____ Gender: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____
 Parent/Guardian 1: _____ Home #: _____ Cell #: _____
 Parent/Guardian 2: _____ Home #: _____ Cell #: _____
 Email Address: _____

THE UNDERSIGNED parent(s)/guardian(s) of _____, who is a child under the age of 18 years, with understanding of the potential risks of injury to the child by reason of the child's participation in the following activity: **Red Oak Track Club** does/do hereby consent to the child's participation in the activity.

The potential risks of participation include, but are not limited to, the risk of injury to the child from contact with other participants and contact with or use of equipment used in the activity.

The parent(s)/guardian(s) affirm that by signing this consent each understands that participation of the child is voluntary and that the parent(s)/guardian(s) have explained to the child that this means that the child is free at any time to stop participation in the activity.

By this consent and with the child's continued participation in the activity, the parent(s)/guardian(s) voluntarily accept the risk of injury to the child by reason of the child's participation in the activity.

THE UNDERSIGNED (parent or guardian) provide the following contact information to obtain consent to treat the child in the event of injury or illness during participation:

Name	Address	Telephone No.
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If the contact person named above cannot be reached, the undersigned give consent for supervisory staff to provide the child emergency medical care and treatment and further necessary and reasonable treatment by a licensed professional caregiver selected by supervisory staff.

Parent/Guardian Signature	Print Name	Date
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PLEASE RETURN FORM TO THE YMCA BY APRIL 15th