## Yorkville Youth Athletic Association Track Club



Location: Marx Brothers Field (97th St. & 2nd Ave)

Day(s)/Time: Mondays and/or Wednesdays (5:00pm-6:30pm)

September 14, 2016 – November 9, 2016 RAIN OR SHINE! Skipping Monday, October 3; Monday, October 10 & Wednesday, October 12

Yorkville is excited to announce our Fall Track Club for students in Grades 3-8. A professional track coach will be present each session. This program is intended for both beginner and advanced runners. We will be doing both sprinting and distance running.

What to expect: Each session, runners will have a "dynamic warm-up", stretching exercises, strength & conditioning drills, and fun activities. Each runner will receive a T-shirt and medal.

Runners should bring: Running shoes (w/ laces, not Velcro) and a water bottle

Fee: Mondays OR Wednesdays (\$225) Mondays AND Wednesdays (\$325) Please note: no refunds, transfers or credits at any time.

Circle one or both: MONDAYS WEDNESDA	NYS

Please include check, application and release. Please note that times and locations are subject to change.

Player's Name	Birth date	Grade/Sept. 2016
School	Parent's Name	
Parent's Email 1	Parent's Email 2	
Address	Apt #City	::State:Zip:
Telephone(Daytime)	Telephone(mobile1)	
Telephone (mobile2)		
Parent Signature:		

Please return this form with a check to Yorkville Youth Athletic Association, c/o Arlene Virga, PO Box 1556, New York, NY 10028

Please visit www.yyaa.org

Interested in Coaching? YES NO (Must fill out coaching application!)

All info/times/locations are subject to change due to parks permits. Yorkville cannot be held responsible for these changes.



## Yorkville Youth Athletic Association Waiver/Release Statement 2016

and regulations of the institution. I assume a activities, and I do hereby waive, release, all Athletic Association and its staff, the Board directors, organizers, sponsors, supervisors, representatives, all persons transporting my York City's Department of Parks and Recre expense or damage arising out of an injury other cause, except to the extent and in the athlis release applies to both future and	, do hereby give my approval for him/her to orkville Youth Athletic Association and agree to abide by all rules all risks and hazards incidental to such participation in these bsolve, indemnify, and agree to hold harmless the Yorkville Youth of Directors of The Yorkville Youth Athletic Association, officers, participants, trainers, independent contractors, agents, child/dependent to and from activities, the City of New York, New eation, and their respective officials, from any claims, loss, liability, to my child/dependent, whether the result of negligence or for any amount covered by accident or liability insurance. I understand that ding on the Player and the Players heirs, executors and
grant YYAA permission to use the Players publications and in any and all other media.	Athletic Association has a no refund, no transfer, no credit policy for
Signature of Parent/Guardian	Date