



# Howell PAL

P.O. Box 713 (PLEASE MAIL ALL REGISTRATIONS TO OUR P.O. BOX)  
115 Kent Road • Phone: 732-919-2825 Fax: 732-919-1212 • www.howellpal.org



## TRACK & FIELD – 2018 Registration Form



Child's Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Grade 2017-2018 school yr:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Birth date:** \_\_\_\_\_

Primary #: \_\_\_\_\_ Secondary # \_\_\_\_\_

Email Address (mandatory): \_\_\_\_\_

(Child) Has Asthma: \_\_\_\_\_ Uses Inhaler: \_\_\_\_\_ Heart Condition: \_\_\_\_\_

Allergies? \_\_\_\_\_

Current Medication? \_\_\_\_\_

**Shirt Size:** YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_

**Emergency Contact Information (Parent/Guardian Preferred):**

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent/ Legal Guardian**

\_\_\_\_\_  
**Date**

**When:** Tuesday & Thursday evenings

**Time:** 6:00 pm - 8:00 pm

**Events Include:** 50 Meter Dash, 100 Meter, 400 Meter, 4x100, &/or Long Distance

**Where:** Howell High School Track

**Length of Program:** May 8, 10, 15, 17, 22, 24, 29, 31 June 5, 7, 12 & 14

**Open Registration: NOW – April 23<sup>rd</sup> Fee: \$100.00**

**Late Registration April 24<sup>th</sup> – May 4<sup>th</sup> Fee: \$110.00**

Please Make Check Payable To "Howell PAL"

Participants Must Be Currently Attending: 2<sup>nd</sup> – 3<sup>rd</sup>, 4<sup>th</sup> – 5<sup>th</sup>, or 6<sup>th</sup> – 8<sup>th</sup> Grade.

Wear Sneakers, Loose Attire & Provide Your Own Water Bottle

\*\*\* Please Use Bathroom Facilities Prior To Attending Program\*\*\*

**To receive up to date text messages about cancellations please text: 81010 with the message**

**@paltrack (if you do not receive text messages please notify the PAL office when registering!)**



## HOWELL POLICE ATHLETIC LEAGUE PARTICIPANT WAIVER

**NOTE:** This form must be read and signed before the member is allowed to take part in a PAL program. By signing this form, the participant and/or parent or guardian agrees that they have read this waiver, understand the terms set forth herein and knowingly and voluntarily agree to the terms of this waiver.

**Program Name:** \_\_\_\_\_

**Member's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

In consideration of my involvement in the program under the auspices of the Howell PAL (and/or its officers, volunteers, staff, sponsors, agents, members and/or activity participants) I hereby agree that:

I acknowledge that by participating in the sport by its very nature:

1. **I RISK BODILY INJURY, INCLUDING PARALYSIS, DISMEMBERMENT OR DEATH.** While the particular rules of the sport, equipment, personal training and discipline may reduce this risk. The risk of injury does exist, as does the risk of damage to or loss of property.
2. I knowingly and freely assume all risks both known and unknown, even if arising from negligence of the above mentioned parties.
3. I willingly agree to comply with the stated and customary terms and conditions for participants, if however I observe any unusual or unnecessary hazard during my presence or participation, I will bring these incidents to the immediate attention of the nearest Howell PAL Staff/Chaperone.
4. For myself, and on behalf of my heirs, those assigned as a personal representative and my next of kin, I hereby: Release, Indemnify and hold harmless and agree not to sue, file a claim for relief or otherwise take legal action against the Howell PAL, their officers, volunteers, staff, or sponsors. Further I and/or my parent/guardian Releases from liability of any of the aforementioned from any liability from any and all injury and loss arising from my participation, whether caused by negligence or otherwise, except that which is the result of gross negligence or wanton misconduct. This indemnification shall include the payment of the Howell PAL's reasonable attorney's fees in defense of any claim filed by you.
5. I grant the Howell PAL, its representatives and employees the right to take photographs of my child in connection with the above identified subject. I authorize Howell PAL, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Howell PAL may use such photographs of my child with or without their name for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content.

I have read this Howell Police Athletic League Participation Waiver and fully understand its terms. By signing this Waiver I acknowledge that I have done so both freely and voluntarily.

This signature is to certify that I, as a adult participant or the parent/guardian with legal responsibility for this participant who is a minor, consent to the above mentioned and agree to his/her release, and also agree for myself/ourselves, my/our heirs, assigns and next of kin, to release and indemnify the Howell PAL from all liability, incidents to my /our child's involvement as stated above.

X \_\_\_\_\_  
**Parent/Guardian Signature** **Date Signed**

X \_\_\_\_\_  
**Member Signature** **Date Signed**

(PAL Office Use Only)

CHECK \_\_\_\_\_ CASH \_\_\_\_\_ AMT \_\_\_\_\_ RECEIVED BY \_\_\_\_\_



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## 2018 TENTATIVE TRACK SCHEDULE OF EVENTS

**Please Note:** This program is designed to be a self-improvement program. The objective is to improve your own personal times each week they are recorded, while building stamina and strength, through the various activities covered during the course of the program. A long distance lane will also be provided for those who are interested in this field of training.

### WEEK #1

- – Introduce & practice the 50, 100, 200, & 400 - meter events.

### WEEK #2

- – Introduce baton, passing & relay.

### WEEK #3

- – Begin recording times for the 50, 100, 200 & 400 - meter events.

### WEEK #4

- – Practice baton event & continue timing events.

### WEEK #5

- – Make-up missing events/continue timing events.

### WEEK #6

- – In house track meet!

\*\* Don't miss the 15 - 20 minute warm up session – designed to reduce the possibility of injury\*\*

