



# ***Fast Track to Sports Track & Field Program*** *(Kindergarten-5<sup>th</sup> grade)*

## **Fast Track to Sports Practices**

This physical education program teaches running, jumping, and throwing skills in a fun environment. We provide **3 group practices** which intend to demonstrate the benefits of participating in track and field for both the child's life experience and in his/her overall athletic abilities. The program concludes with a Track and Field meet. No equipment necessary!

**Registration in the Fast Track program will enter you into the Track & Field Meet for FREE!**

## **Register by Monday, May 2**

**\$15 Members ~ \$25 Nonmembers (\$5 late fee after 5/2/22)**

**Practices:** Mark your calendars! You will NOT be contacted prior to practice!

**Thursdays**

**5:00-6:00 pm**

**May 5, 12, 19**

**Lou Graslie Field**



\*Questionable weather? Contact the BF Rec Center as the program may move indoors. 892-2467

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## **Track & Field Meet**

\*You **CAN** sign up JUST FOR THE TRACK MEET! Can't make the practices? Sign up for the meet ONLY!

## **Registration Deadline Tuesday, May 18**

***WE WILL NOT ACCEPT ENTRIES OR ENTRY CHANGES ON THE DAY OF THE MEET! ABSOLUTELY NO EXCEPTIONS!***



Event on **Tuesday, May 24<sup>th</sup>**

Check-in @ 5:00 pm @ Lou Graslie Field

Events Start @ 5:30 pm

No equipment necessary!

\$5 BF Rec Member/\$10 Nonmember OR FREE with Fast Track to Sports program

**TO REGISTER for Fast Track or the Track and Field Meet,**  
**please fill out registration form and liability waiver**  
**at the BF Rec Center. Registrations also available at [bellefourcherec.com](http://bellefourcherec.com)**  
**or on Facebook @BFRecCenter**

# FAST TRACK TO SPORTS & TRACK & FIELD MEET REGISTRATION Grades K-5<sup>th</sup>

**\*PARTICIPANTS IN THE FAST TRACK PROGRAM MAY WANT TO CHOOSE THEIR EVENTS.  
WE WILL HELP THE KIDS CHOOSE THEIR EVENTS BASED ON THEIR EXPERIENCES AT PRACTICE.**

**The max number of events you can do is 3! You cannot do 3 running events.**

**Option 1:** 1 track event and 2 field events

**Option 2:** 2 track events and 1 field event

\*You can choose less than 3 events...for example, 2 field no running, 1 running and no field. Ask Tessa if you have question! 892-2467 or [tessa@bellefourche.org](mailto:tessa@bellefourche.org)

FIELD EVENTS	
	Standing Long Jump
	Softball Throw
TRACK EVENTS	
	50 Meter Dash (K-2 <sup>nd</sup> only)
	100 Meter Dash
	200 Meter Dash
	400 Meter Dash (1 lap)
	800 Meter Run (2 laps)
	1600 Meter Run (4 laps)



Name \_\_\_\_\_

Gender \_\_\_\_\_ Grade \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Parent/Guardian \_\_\_\_\_



**PHOTOGRAPHY RELEASE:** The BF Rec Center periodically photographs our sponsored programs and events. These photos may be used for marketing purposes. Media outlets may include but are not limited to our website, Facebook, Instagram, Twitter, local newspapers, brochures and other promotional materials. Your signature on our liability and release waiver, also gives permission for the BF Rec Center to use program pictures of the participant.

**PLEASE FILL OUT LIABILITY WAIVER & RELEASE FORM ON THE BACK OF THIS PAGE!**

# INDIVIDUAL LIABILITY WAIVER & RELEASE FORM



The undersigned participant/parent or guardian of the participant recognizes and acknowledges that activities within or sponsored by the Belle Fourche Rec Center involve risk of serious injury, including permanent disability or death, and economic losses which might result from participant action, inaction, negligence of others, the rules of play, or the condition of the premises or any equipment used thereon. Further, I understand that there may be other risks not known or reasonably foreseeable at this time and that such risks shall be assumed by the undersigned.

This agreement is entered into in consideration of being permitted or permitting:

**NAME OF CHILD:** \_\_\_\_\_ to compete, play, observe, or participate in any way in events, games, or activities sponsored by or associated with the Belle Fourche Rec Center or the City of Belle Fourche.

In my absence, I authorize the employees of the Belle Fourche Rec Center and the instructor or coach of my (my child's) team/activity to call for emergency rescue services should they be necessary in the case of injury or suspected injury, or during the times that the above named individual is participating in a league, clinic, activity, game, event, or tournament being played in any way sponsored by, or associated with the Belle Fourche Rec Center.

I further understand the following issues:

- (1) that I am legally responsible for action of the above named individual including and myself, including, but not limited to any damage to private or public property caused by me/him/her.
- (2) that I am legally responsible for my own and/or my child's welfare and actions including personal needs and medical expenses; and
- (3) that this waiver of liability shall remain effective for any and all activities that I or the above named individual participated in or is a spectator of any event in any way sponsored by or associated with the Belle Fourche Rec Center.

Finally, I hereby agree to release, waive, indemnify and hold the Belle Fourche Rec Center, the City of Belle Fourche, its officers, agents, consultants, and representatives, harmless from any loss, damage, or injury which may result from my (my child's) participation or spectatorship in games, events or activities sponsored by or associated with the Belle Fourche Rec Center. This release and waiver of liability and indemnity applies equally to losses, damages, or injuries caused or alleged to be caused in whole or in part by the negligence of the Belle Fourche Rec Center or the City. I further agree to release, waive, and discharge, and covenant not to sue the City of Belle Fourche or the Belle Fourche Rec Center for any claims, demands or actions whatsoever arising out of any damage, loss or injury incurred by me or the above named individual as a result of or in the course of my or my child's participation in the activities. This release and waiver of liability and indemnity applies to me, the undersigned, as well as any of my personal representatives, assigns, heirs, and next of kin.

**I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT FULLY AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I HAVE READ THIS AGREEMENT.**

Participant Name \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Participant Address \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact (Name/Phone) \_\_\_\_\_