



**Lights Out Track and Field Club**  
**P.O. Box 1122**  
**Lewisville, N.C. 27023**  
[www.lightsouttrackandfield.com](http://www.lightsouttrackandfield.com)

**Summer Club Registration Form**

Athlete Name: \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Sex: M / F

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

School Currently Attending: \_\_\_\_\_

Parent / Legal Guardian Information: **Please Print Clearly**

Mother Name: \_\_\_\_\_

(H) \_\_\_\_\_ (Cell) \_\_\_\_\_ Email: \_\_\_\_\_

Father Name: \_\_\_\_\_

(H) \_\_\_\_\_ (Cell) \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_ Relationship to Athlete: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Track Season \_\_\_\_\_ Spring/Summer Conditioning Only \_\_\_\_\_

Uniform Jersey Size: (Circle One) YS YM YL AS AM AL AXL A2X      Uniform Short Size: (Circle One) YS YM YL AS AM AL AXL A2X

Shirt Size: (Circle One) YS YM YL AS AM AL AXL A2XL A3XL

**RELEASE AND WAIVER OF LEGAL LIABILITY GENERAL RELEASE AND WAIVER OF LIABILITY (the "Release").** I hereby agree to release, waive, discharge, covenant not to sue, hold harmless, and indemnify, on behalf of myself and any other parent or guardian of my child, the Lights Out Track and Field Club and their respective volunteer youth coaches, volunteers, members, officers, other participants, facility owners and/or others acting on its behalf (collectively, "Lights Out Track and Field Club") from liability to us and our child as well as our personal representatives, assigns, heirs and next of kin, for any and all claims, suits or causes of action arising from or out of any injury, known or unknown, to property or body that my child may suffer from participation in Lights Out Track and Field Club activities. You agree that this Release is effective immediately. This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms: ASSUMPTION OF RISK: I acknowledge and understand that there is a risk of injury involved in athletic participation. I understand that my child will be under the supervision and direction of a volunteer youth coach. I agree to follow the rules for the sport and the instructions of the coach in order to reduce the risk of injury to my child and other athletes. However, I acknowledge and understand that neither the volunteer youth coach nor the Lights Out Track and Field Club can eliminate the risk of injury. I freely accept and assume the risk of injury that might occur from my child's participation in youth athletics. MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release Lights Out Track and Field Club from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities with the Lights Out Track and Field Club. A) I take full responsibility for myself and my child(s) welfare and safety on or at Lights Out Track and Field Club activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate. C) Consent to my child's image use for media and marketing purposes. **HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE AND WAIVER OF LIABILITY, TO BE EFFECTIVE IMMEDIATELY.**

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Administrative Use Only:** Membership Fee Paid: \_\_\_\_\_ Fundraiser Fee \_\_\_\_\_ Birth Certificate \_\_\_\_\_ Photo Received \_\_\_\_\_ Progress Report: \_\_\_\_\_

## **Lights Out Track and Field Club**

### **Parent Responsibilities**

1. Parents are to inform the Head Coach and Athletic Director of any special needs that your child may have.
2. To ensure the safety of each athlete, parents are not to remove their child from the practice field, competition site, or club transportation without letting the appropriate Coach or Chaperone know.
3. Coaches will monitor attendance at practice and track meets to provide safety and protection for your child. Parents are to inform your child's coach in advance if your child will miss practice or meet.
4. Parents are responsible for providing transportation for their children to and from practice to ensure their safety and protection. Parents are responsible for picking up your child in a timely manner after practice.
5. For your child's interest, we ask parents not to conduct any outside/additional training outside of Lights Out program during the season unless discussed with the Head Coach. This is to prevent injury from over-training and conflict in training techniques.

### **Codes of Conduct**

1. All disciplinary actions will be determine in accordance with Lights Out By-Laws. Any athlete excused from program will not receive any refund.
2. Immediate Expulsion from the program will result from any of the following activities: Willful destruction of property, illicit behavior, profanity or vulgar language, fighting or disrespectful behavior towards a Coach, Board Member or Chaperone
3. Athletes are expected to arrive on time to practices and meets with proper shoes and gear for warm ups and for competition.
4. Athletes are to be respectful of the Coaches, other Team Members, Officials and Opponents.
5. Sexual misconduct (kissing, inappropriate touching, etc.) is prohibited
6. For overnight trips, the following rules will apply:
  - a. Curfew will be set by Head Coach and Athletic Director.
  - b. Athletes may socialize in designated and approved chaperoned areas.

I have read the above Codes of Conduct and I agree to follow as set forth by Lights Out Track and Field Club.

Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_