NTF Winter Training Group

NEW this year: NTF youth club is organizing a regular winter youth training group for middle school age runners to provide athletes with off-season conditioning and to foster development of fundamental running skills and abilities.

The group will meet twice a week for coached indoor training sessions. Runners will also be provided with a running plan for the other days. Practice will emphasize running form, agility, and speed development so that athletes are ready to perform at the highest level during following spring and summer seasons.

Who: Middle school aged runners (11-14 years old). Group size is limited to 20

Season: January 8 – February 28, 2017

Indoor sessions:
Tuesday 6:30 - 7:30 pm / Sunday 4:15 - 5:30 pm
(Sundays may also partially include outdoor running, weather permitting)

Location:
Spectra Wood gym, 2625 Carolean Industrial Dr.,
State College, PA 16801

Coaches:
Jayson Jackson (jhj105@gmail.com)
Artie Gilkes (artiegilkes1@gmail.com)

Indoor Track Meet:
Athletes will have an opportunity to compete in the Armory Youth Indoor Championship in New York City on March 4th to obtain unique indoor racing experience and test their training before the outdoor season starts. More indoor meet information will be provided. Participation in the track meets is voluntary.

Registration fees: $100 per athlete (payable to *Nittany Track and Field*). Athletes must also have a 2017 USATF membership for practice insurance purposes.

If you are interested to participate in this program, please email to **ntfxc.club@gmail.com** before January 1st, 2017 to secure your spot on the group.

Nittany Track & Field ▪ Winter 2017

Athlete Registration

(fill one form per athlete and bring to first practice)

Athlete's Information:

Name: _____
First MI Last

Sex: M ___ F___ Birth Date: _____
mm/dd/yy

Address: _____
Street

_____
City Zip Code

Parent / Guardian contact:

_____

E-mail address: _____

Phone : _____

Emergency contact:

Name: _____

Relationship to child_____

Telephone Number_____

Allergies / Other issues to be aware of :

_____

_____

Athlete T-shirt size (circle one):

YS YM YL S M L XL

Name printed on the back (optional): _____

USATF Membership #:

All NTF athletes are required to have USATF membership to join practice. Use club code **147** to affiliate with NTF

You can get USATF membership online:
https://www.usatf.org/membership/application/index.asp

Nittany Track & Field (NTF) Registration Agreement Waiver:

I hereby agree to indemnify and hold harmless Nittany Track & Field, as well as its coaches, officers, organizers, and/or assigns from any claims or demands made by any third party, to include my child or ward due to or arising out of my child or ward's participation in NTF programs or events. In submitting this entry, I waive, release, and forever discharge NTF from any injuries, losses, or other damages suffered by my child or ward while traveling to or participating in NTF programs or events. I acknowledge that participation in NTF programs or events poses risks for my child or ward and represent that my child or ward is physically able to participate in aforesaid programs. I hereby authorize my child or ward to be treated by a licensed physician, EMT, registered nurse, or athletic trainer if necessary while participating in NTF programs or events. I understand that my child or ward may be photographed while participating in NTF events and agree to allow such photos to be used for legitimate purpose.

Signature of Parent/Guardian:

_____Date _____

Please bring this form to the first practice on January 8th, 2017
All athletes are allowed a try-out session before signing up