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Hello everyone,

I have attached the registration form with registration nights taking place Oct 12 and Oct 14.

**Covid 19:**

**I would like to outline and highlight the specific covid rules we are required to follow at both the Servus Sports Centre and Civic Centre.**

**Servus Sports Centre and Civic Centre access:** Everyone must wear a mask at both facilities to enter.

**First Onsite Field house**: This year at the Servus Sports Centre we will be on the First Onsite fieldhouse.  Those 18 years and under do not have to wear a face mask once they enter the field house.  Those over 18 years of age (members, coaches, parents) who do not have both vaccines must be masked in the field house.

**Agland Track:**Proof of vaccines or a negative test will be required by each individual accessing the track and we will be required to provide proof each and every time we access the track.  For those over 18 you will also be asked for ID, so please have this information with you at all times. For those 12 and under you will just need to tell them your age.

We have been notified that they will be monitoring us while in the facilities and failure to follow rules will come with consequences.

We also want to ensure that our members are completing the registration forms in full. Often things are missed when we do registration, such as the registration forms themselves, health care numbers, payment and Athletics Alberta memberships. At registration night we are asking for everything to be completed including registration forms, health care numbers, payment and proof of vaccine, Athletics Alberta memberships(if outdated).  If you do not have proof of vaccine and will be opting for the negative test route when using the track, please let us know that as well.

Memberships will be taken until Dec 31, 2021.

We hope the Saskatchewan Health rules will not be in force for long, but we are required to follow them while they are in force.

Thank you for your understanding and help. We hope to see you on Oct 12.  If you have any questions, please let me know.

Melissa Sparks

President/ Treasurer

Split City Sonics

**SPLIT CITY SONICS TRACK & FIELD CLUB**

**Fall/Winter 2021-2022 REGISTRATION FORM**

Please complete, scan and return email to splitcitysonics@gmail.com or print and bring with you to the first practice. Registration date/first practice on Oct 12, 2021. Please complete and hand in your registration form along with fees on registration night. If you were a member for 2021 outdoor season a new membership is required for the 2021 indoor season. Having the forms completed before hand will allow members to start first practice quicker and in a smooth fashion.

Registration dates:

Tuesday Oct 12, 2021 5:00-6:15 – Civic Centre

Thursday Oct 14, 2021 5-6:30 Servus Sports Centre

Head Coach: Karl Meissner

Assistant Coaches: Jaimee Springer

**Split City Sonics Fee -Age Group Fees (Required) circle one:**

Pee Wee U12 (2010-11) $350.00 Youth U18 (2004-05 $400.00

Bantam U14 (2008-9) $350.00 Junior U20 (2002-03) $400.00

Midget U16 (2006-07) $400.00 Senior (2001 & older) $400.00

**\*\*Athletics Alberta Membership (Required)**

Alberta Fees: $65-$115 depending on age group. Please complete your Athletics

Alberta Registration online at athleticsalberta.com. \*\***You must complete your Athletics**

**Alberta Registration in order to train and compete with Split City Sonics. If you have paid your AA fees for the indoor season, you are covered until December 2021 so you do NOT have to register again with Athletics Alberta. \*\*\***

 If you were a member for 2021 **outdoor season only**, a new membership is required for the 2021 indoor season. Athletics Alberta has different membership prices based on the seasons an athlete would compete in:

**Yearly (January to December)**

**Indoor Season (September to March; does not include XC season)**

**Outdoor Season (April to August, does not include XC season)**

**Other costs:** Participation in meets is optional, but subject to coach approval, provided you

attend practices regularly. Club Singlets are available for purchase for $50.00. They must be worn when competing at meets. Talk to your coach if you need a singlet.

Membership Fees Paid $\_\_\_\_\_\_\_\_\_\_\_\_\_ Singlet Fee Paid $\_\_\_\_\_\_\_\_\_\_\_Fees paid by $\_\_\_\_\_\_\_\_\_\_\_

Receipt needed? Yes or no (circle one)

I have a current Athletics Alberta Membership?(required) membership # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Method of payments accepted – cash, cheque or etransfer. E transfer details -email address is splitcitysonics@gmail.com Cheques can be made payable to Split City Sonics Track Club

**Practice Times and Location:** All practices are at the Civic Centre and Servus Sports Centre (First Onsite Field house) . Check Facebook page for updates or cancellations due to weather. We also use a Team Snap App and Twitter for communication.

**Practices will begin on: Tuesday Oct 12 @ the Civic Centre (conditioning):** 5:00-6:15pm. **Tuesday practices** are always held at the Civic Centre. **Thursday Practices** are held at the **Servus Sports Centre** starting on Thursday Oct 14, 2021 from 5:00 -6:30 pm. **Sunday Practices** are held at the **Servus Sports Centre** starting on Oct 17, 2021from4:30-6:00pm

**Practice Plan:** All practices have a standard group warmup so please be on time. Athletes will

work together on running technique and then break into groups to work on running, jumping and throwing events.

**Event Training Offered:**

**Running:** sprints, middle and long distances, hurdles

**Jumps:** Long jump, high jump (for midget and older)

**Throws:** shot put, weight throw

**Equipment:**

Good quality running shoes, Water Bottle

 SPLIT CITY SONICS TRACK & FIELD CLUB

MEMBERSHIP APPLICATION AND RELEASE FORM

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M / F

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

Phone : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group:\_\_\_\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent e-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Participant Heath Care Number(Required): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(participant) hereby acknowledge the risk of injury in the activities conducted by the Split City Sonics Track and Field Club and accordingly, in consideration of being granted eligible participation in practices, activities and competitions attended by the members of the club, I consent and agree that I will not make any claim for injury or damages against the Split City Sonics Track and Field Club, its coordinators, or its members, its volunteers, its officials, its coaches or its employees, while taking part in or traveling to an activity, regardless of

where the club activity is being conducted, howsoever such injury and/or damage may be occasioned whether or

not such injury/damage is in any way whatsoever due to any negligent act, breach of duty, default or omission on

the part of the Split City Sonics Track & Field Club, its coordinators, its members, its volunteers, its officials, its

coaches or its employees.

**I AGREE THAT I WILL BE PARTICIPATING IN THE ACTIVITIES OF THE SPLIT CITY SONICS TRACK & FIELD CLUB**

**UPON THE DISTINCT UNDERSTANDING THAT I DO SO ENTIRELY AT MY OWN RISK**.

1) The undersigned participant must state any health condition that may be adversely affected by physical

activity.

2) The undersigned participant is responsible for **timely** payment of annual dues to the club for registration and apparel and will maintain a current membership with Athletics Alberta.

3) The Split City Sonics Track & Field Club reserves the right to refuse or terminate participation of any

participant at any time with just cause.

4) The Split City Sonics Track & Field Club reserves the right to restrict an athlete’s attendance at meets if

he/she fails to commit to a minimum number of practices per week.

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By signing this release form, I document with my signature that I have read, that I understand and that I agree with its contents completely.

Participant Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Permission to Publish**

The Split City Sonics will be communicating with the local papers and publishing track material on the club website. The Split City Sonics only shares the membership list with the Split City executive and coaching staff. This list will include member’s name, contact names (ie parents), email addresses, addresses, telephone numbers and Athletics Alberta numbers.

In order to comply with privacy acts, the Split City Sonics requires the permission of a parent or guardian

to publish names and/or pictures of legal minors.

Please fill out the following information and submit it to the registrar.

**Complete this section if you are the Parent/Guardian of an athlete who is under age 18.**

Please complete the areas below indicating that you give permission to the Split City Sonics Track and

Field Club to publish your child’s/ward’s name and/or picture, in relation to the club’s activities, during

the track season from October 2021 – March 2022.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, parent or guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

who is a member of the Split City Sonics Track and Field Club, give permission to the Split City Sonics to

publish the name and/or picture of my child/ward in any club publications or press releases related to

usual track and field or club activities.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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