

Heartland Youth Track Club

2010 Indoor Track Season PERMISSION FORM

Dear Parents & Track Athletes,

Heartland Athletic Services, Inc. www.heartlandathleticservices.com offers a youth track club for the Kansas City metro area. The Heartland Youth Track Club (HYTC) is a certified USA Track & Field (USATF) club.

HYTC is designed for youth track and field athletes from ages 7 to 18 that would like to train, participate and experience competitive indoor and outdoor track & field meets. By joining HYTC, each athlete will have the opportunity to learn about track & field and its running mechanics, flexibility, coordination and core strength. HYTC offers the opportunity for track & field youth athletes to continue training and competing as an option outside their organized school sports.

Our club fee is only \$125 (non-refundable) for the 2010 summer outdoor season; and will include a racing singlet; one pair of running shorts, a HYTC t-shirt, access to USATF sponsored insurance and all coaching and equipment fees. HYTC offers a discount for any additional athlete: The second athlete's fee is \$100 and the third athlete's fee is \$75. The club fee for returning HYTC athletes is \$95.00.

The 2010 outdoor track practice season starts on May 18, for grade & middle school athletes and June 1, for high school athletes

The Heartland Youth Track Club will meet at Park Hill HS track facility for all outdoor track practice.

Practice sessions:

Tuesday's and Thursday's at 5:30pm to 6:30-45pm

Saturday mornings at 8:30am to 10am

Please submit application and permission forms along with a check payable to Heartland Athletics Services Inc.

Requirements that are expected of the athlete and parent:

- Must attend a least 6 practice sessions per month (incentives for attending all practices)
- Each athlete will have the **option** to purchase a USATF membership \$ 20.00 by June 1st 2010
- All fees are non-refundable Club fees for the 2010 outdoor season
- Arrive on time for all practices and meets.
- Transportation to all practice sessions and Track meets.
- Permission from parent to participant with signed application and wavier
- A good pair of running shoes
- Running apparel, singlet or T-shirt, running shorts, and warm ups etc.
- Track spikes (Optional)
- Water bottle with fluids (HYTC will offer water/Gatorade for all practice sessions)

Please provide the following: **Singlet Size:** S M L XL **Shorts:** S M L XL



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Responsibility of Parents:

- Make sure your child maintains a healthy diet.
- Make sure that your son or daughter is getting plenty of rest.
- Complement your son or daughter on regular basis.
- Arrange for your son or daughter to attend practice and meets on time

HYTC Responsibility:

We will offer the opportunity for each HYTC club member to experience and enjoy sport of track & field. We are truly passionate about Track & Field and will do our best to prepare your son or daughter for Track and Field success.

Sincerely,

Coach Jason Parr & Coach Gilbert S. Castillo

Heartland Youth Track Club Coach Parr 620-617-4185, Coach Castillo 816-916-6379

I _____ agree to abide by the rules of Heartland Youth
(Athlete Name)

Track Club and will work as a team member, cooperate with the coaches, and will always strive for my best effort.

I _____ will support my child as a member of the
(Parent Name)

Heartland Youth Track Club and will encourage my child in having an enjoyable experience in Track and Field.

All applications, permission forms and fees are due by May 11, 2010

Please mail your application/permission forms along with your check payable to Heartland Athletic Services, Inc to:

Heartland Athletic Services, Inc
PO Box 30074
Kansas City, MO 64112



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