

Hackensack Youth Indoor Track & Field 2017-2018 Winter Registration

Hackensack Recreation Department
116 Holt Street
Hackensack, New Jersey 07601
201-646-8042



Age: 9 through 14 (Athlete must be 9 years old by November 10, 2017... No Exceptions!)

Cost: \$80.00 (AAU & USATF membership fee is not included in the cost)

Deadline to register: November 10, 2017

Where to register: Hackensack Recreation Center, 116 Holt Street Hackensack.

When to register: Monday through Friday 9am – 6pm

Cash, Checks and Money Order Only. Make checks Payable to:

City of Hackensack.

Copy of Birth Certificate is required and must be attached to Registration

Name _____ Date of Birth _____ Age _____

Address _____ City _____ Grade _____

Parent/Guardian Name _____ Phone# _____

Cell# _____ E-mail Address _____

Emergency Contact Name _____ Phone# _____

Please List Any Medical Restrictions or Allergies _____

Childs uniform size (Please circle one) Male Female

Youth Small Youth Medium Youth Large Adult small

Adult Medium Adult Large Adult X Large

I hereby certify that the player named above is in sound physical condition, and that the information provided is accurate and correct.

Parent Signature _____ Date _____

Hackensack Youth Indoor Track & Field

Winter 2017-2018

Open to children ages 9-14

What should the athletes wear or bring to practice?

Attire during practice is important for both performance and safety. Although held indoors during the coldest days, generally, athletes should wear layered clothing suitable for outdoor practice. As it gets cooler, hats and gloves are recommended. Sweats or running suits are preferred with training shoes for the indoor track season—no jeans or basketball shoes. Bring water or a sports drink to practice.

Schedule:

Practices are every Tuesday and Thursday evening from 6:00pm-7:30pm at the Hackensack High School. Practice times may be adjusted. Track meets are held on Saturday or Sunday mornings from December through March.

Tentative: First practice of the season will be held on Tuesday November 14, 2017 at 6pm.

Please note parents will be responsible for providing transportation for their child to attend practices and or track meets. Parents will also be responsible for registration fees per track meet. Meet fees are around \$7 to \$8 per event per track meet. **Please remember to list an email when completing the form. Information regarding practices/meets will be sent via email only!*

For program information, email questions to:

hackensackjr.track@yahoo.com

Junior Track Website: Hackensackjrtrack.com