

REGISTRATION INFORMATION

- FILL OUT REGISTRATION FORM AND INDICATE SESSIONS YOU WILL BE ATTENDING AND THE TOTAL.
- TEAR OFF REGISTRATION PAGE AND MAIL IN A SEALED ENVELOPE WITH PAYMENT.

CLINIC DAY REGISTRATION

- REGISTRATION WILL BE AVAILABLE 45 MINUTES PRIOR TO EACH SESSION. **CHECK, CASH, OR CREDIT CARD PAYMENTS.**
- AFTER DECEMBER 8TH, IF YOU ANTICIPATE ATTENDING, PLEASE CALL, EMAIL AHEAD TO ACCOMMODATE ALL PARTICIPANTS. SPACE IS LIMITED.

QUESTIONS AND RESERVATIONS

MAHESH NARAYANAN
630-637-5525
MAHESH@NOCTRL.EDU

**MAIL REGISTRATION FORM AND PAYMENT
(DO NOT SEND CASH):**

MAHESH NARAYANAN,
NORTH CENTRAL COLLEGE TRACK & FIELD
450 S. BRAINARD, CM#286,
NAPERVILLE, IL 60540

***CHECKS PAYABLE TO NORTH CENTRAL COLLEGE**

****FOR CREDIT CARD PAYMENTS, ALL INFORMATION IS NEEDED (V#, CREDIT CARD #, EXPIRATION DATE)**

TEAR ON DOTTED LINE

NORTH CENTRAL COLLEGE-TRACK & FIELD SERIES
SUNDAY, DECEMBER 14TH, 2008

REGISTRATION FORM

PRINT CLEARLY OR TYPE

(ONE PARTICIPANT PER FORM – COPY IF NEEDED)

NAME _____

SCHOOL _____

ADDRESS _____

PHONE _____

CIRCLE: **MASTER CARD** **VISA** **DISCOVER**

CREDIT CARD# _____

V# _____ EXP. DATE: ____ / ____
(3 DIGIT NUMBER ON BACK OF CARD)

TOTAL: _____

PLEASE CIRCLE ATHLETE'S EXPERIENCE LEVEL:
BEGINNER (0-1 YEARS) INTERMEDIATE (1-2 YEARS)
EXPERIENCED (3 + YEARS)

AGE (ATHLETE ONLY) _____

SESSION	TIME	FEE	MARK SESSION
SPRINTS	10:00AM-11:00AM	\$20	
HIGH JUMP	11:30AM-1:15PM	\$35	
HURDLES	11:30AM-1:15PM	\$35	
JUMPS I (LONG JUMP)	1:45PM-3:30PM	\$35	
JUMPS II (TRIPLE JUMP)	3:45PM-4:15PM	\$10	
		TOTAL:	

PARTICIPATION FORM

I AM AWARE THAT PLAYING OR PRACTICING IN ANY PHYSICAL ACTIVITY CAN BE DANGEROUS, INVOLVING SIGNIFICANT RISK OR INJURY. I UNDERSTAND THAT THE DANGERS AND RISKS INCLUDE BUT ARE NOT LIMITED TO, DEATH, SERIOUS NECK AND SPINAL INJURIES WHICH MAY RESULT IN COMPLETE OR PARTIAL PARALYSIS OR BRAIN DAMAGE, SERIOUS INJURY TO VIRTUALLY ALL BONES, JOINTS LIGAMENTS, MUSCLES, TENDONS AND OTHER ASPECTS OF THE MUSCULAR-SKELETAL SYSTEM AND SERIOUS INJURY OR IMPAIRMENT TO OTHER ASPECTS OF MY BODY, GENERAL HEALTH AND WELL BEING.

BECAUSE OF THE DANGERS OF PARTICIPATING IN PHYSICAL ACTIVITY, I RECOGNIZE THE IMPORTANCE OF THE INSTRUCTOR'S INSTRUCTIONS REGARDING TECHNIQUES, TRAINING, RULES OF THE SPORT, OTHER RULES, AND TO OBEY INSTRUCTIONS.

IN CONSIDERATION OF NORTH CENTRAL COLLEGE PERMITTING ME TO PARTICIPATE IN NORTH CENTRAL COLLEGE'S TRACK & FIELD SERIES, AND TO ENGAGE IN ALL ACTIVITIES RELATED TO THE ACTIVITY, I HEREBY VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATION AND AGREE TO EXONERATE AND SAVE HARMLESS NORTH CENTRAL COLLEGE, THEIR AGENTS, SERVANTS AND EMPLOYEES, THE STAFF OF NORTH CENTRAL COLLEGE, THE PHYSICIANS AND OTHER PRACTITIONERS OF THE HEALING ARTS TREATING ME, FROM ANY AND ALL KIND OF LIABILITY, CLAIMS, CAUSES OF ACTION OR DEMANDS OF ANY KIND AND NATURE WHATSOEVER WHICH MAY ARISE BY OR IN CONNECTION WITH MY PARTICIPATION IN ANY ACTIVITIES RELATED TO NORTH CENTRAL COLLEGE'S TRACK & FIELD SERIES.

THE TERMS HEREOF SHALL SERVE AS A RELEASE AND ASSUMPTION OF RISK BY MY HEIRS, ESTATE, EXECUTOR, ADMINISTRATOR, ASSIGNEES, AND ALL MEMBERS OF MY FAMILY.

PARTICIPANT'S SIGNATURE

PARENT/GUARDIAN SIGNATURE (AGE 18 OR UNDER)

DATE

NORTH CENTRAL COLLEGE
"LEARN BY DOING"
TRACK & FIELD SERIES
SUNDAY, DECEMBER 14TH, 2008

WHY?

THE TRACK & FIELD SEASON WILL ARRIVE SOON! COACHES AND ATHLETES HAVE AN OPPORTUNITY TO LEARN BY ENGAGING IN DRILL SESSIONS WITH SUCCESSFUL COACHES.

WHO SHOULD ATTEND?

COACHES – ALL LEVELS
 MALE AND FEMALE ATHLETES (AGES 12 AND UP)

GENERAL INFORMATION

- PARTICIPANTS ARE ENCOURAGED TO PARTICIPATE IN SESSIONS – PLEASE DRESS APPROPRIATELY. LOCKERS AND SHOWERS ARE AVAILABLE IN MERNER FIELDHOUSE.
- **FOR SAFETY PURPOSES, ONLY PARTICIPANTS WILL ALLOWED IN THE ARENA** – NON-PARTICIPANTS WILL HAVE THE BALCONY AREA AVAILABLE
- RESTAURANTS ARE AVAILABLE IN THE DOWNTOWN NAPERVILLE AREA – FOOD WILL NOT BE PROVIDED.
- ATHLETES ARE SUBJECT TO THEIR **INSTITUTIONAL RULES** FOR PARTICIPATION.
- ATHLETES ARE SUBJECT TO **IHSA RULES** OR THEIR RESPECTIVE STATE'S RULES REGARDING PARTICIPATION.

IHSA ATHLETIC ELIGIBILITY BY-LAWS:

3.111 DURING THE SCHOOL YEAR, STUDENTS SHALL NOT PARTICIPATE IN ANY COACHING SCHOOL, CAMP OR CLINIC FOR ANY INTERSCHOLASTIC SPORT OR WHICH PROVIDES INSTRUCTION IN ANY SKILL OF AN INTERSCHOLASTIC SPORT. A COACHING SCHOOL, CAMP OR CLINIC IS DEFINED AS ANY PROGRAM, SPONSORED BY AN ORGANIZATION OR INDIVIDUAL, WHICH PROVIDES INSTRUCTION IN SPORTS THEORY AND /OR SKILLS, WHICH DOES NOT CULMINATE IN COMPETITION, AND WHICH IS ATTENDED BY MORE THAN (2) PERSONS FROM THE SCHOOL WHICH THE STUDENT ATTENDS. PROGRAMS THAT INVOLVE ONLY DEMONSTRATION OF SKILLS AND SPORTS THEORY WITHOUT PROVIDING INSTRUCTION AND REQUIRING ACTIVE PARTICIPATION BY ATTENDEES ARE NOT CONSIDERED COACHING SCHOOLS. VIOLATION SHALL CAUSE INELIGIBILITY FOR A PERIOD NOT TO EXCEED 365 DAYS.

WHAT DOES THIS MEAN?

ONLY TWO ATHLETES FROM A SCHOOL MAY ATTEND EACH SESSION. IF MORE THAN TWO ATHLETES, BOY OR GIRL, ATTEND THE SAME SESSION, THEY RISK THE CHANCE OF BECOMING INELIGIBLE FOR IHSA ATHLETICS FOR ONE YEAR.

SCHEDULE

SESSION:	TIME
SPRINTS	10AM-11AM
HIGH JUMP	11:30AM-1:15PM
HURDLES	11:30AM-1:15PM
JUMPS I (LONG JUMP)	1:45PM-3:30PM
JUMPS II (TRIPLE JUMP)	3:45PM-4:15PM



WHAT SHOULD I BRING?

- WATER BOTTLE
- COMFORTABLE CLOTHING TO PARTICIPATE
- RUNNING SHOES OR COMPETITION SHOES (I.E. SPIKES–1/4" ONLY) - NO BLACK SOLED SHOES
- SNACK FOOD OR MONEY FOR FOOD (RESTAURANTS ARE AVAILABLE IN THE DOWNTOWN NAPERVILLE AREA)
- PENCIL/PEN AND NOTEBOOK

WHERE SHOULD I GO?

ALL SESSIONS WILL BE HELD IN
 MERNER FIELDHOUSE–
 NORTH CENTRAL COLLEGE
 450 S. BRAINARD, NAPERVILLE, IL
 LOCATED ON THE SOUTH END OF CAMPUS–
 NEXT TO BENEDETTI-WEHRLI STADIUM

COACHING STAFF

THE 2008 COACHING STAFF BRINGS EXTENSIVE KNOWLEDGE IN EACH OF THE SESSIONS. THEIR PROGRAMS HAVE PRODUCED NUMEROUS CONFERENCE CHAMPIONSHIP TO STATE CHAMPIONSHIP LEVEL ATHLETES UNDER THEIR GUIDANCE.

HURDLES SESSION

DON HELBERG

WHEATON NORTH HIGH SCHOOL
 HEAD BOYS' TRACK & FIELD COACH

CHUCK MORGAN

SCHAUMBURG HIGH SCHOOL
 ASSISTANT GIRLS' TRACK & FIELD COACH

HIGH JUMP SESSION

RACHAEL WILLIAMS

AURORA UNIVERSITY
 TRACK & FIELD COACH

SPRINTS SESSION

MIKE BINA

NORTH CENTRAL COLLEGE
 TRACK & FIELD COACH

LONG JUMP SESSION

MIKE BINA

NORTH CENTRAL COLLEGE
 TRACK & FIELD COACH

TRIPLE JUMP SESSION

MIKE BINA

NORTH CENTRAL COLLEGE
 TRACK & FIELD COACH