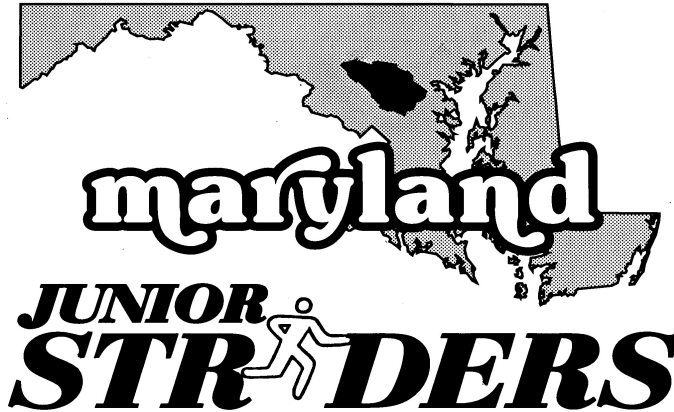


HOWARD COUNTY



There are two levels of the Howard County Junior Striders track program for athletes in Kindergarten through 12th Grade (high school students are not allowed to participate with the team until late May after the high school season is over). Both levels are for children who WANT to run and be on the team so please be fair to everyone and make sure your child WANTS to run before signing them up. Level 1 is Spring Track and Level 2 is Spring and Summer Track. Here are the details about each level.

1. Level 1 is for athletes in elementary or middle school (no high schoolers) who will attend most practices and might attend some meets in late April, May or early June but WILL NOT be competing at the competitive AAU Junior Olympic meets starting in June. Athletes and parents can choose events at meets. No meets are required but are encouraged. Two practices a week (Monday and Thursday), starts mid-April and ends mid-June. Beginners and experienced (all) are welcome.
2. Level 2 is for athletes born in 2003 and before (through high school) who will attend most practices and will attend meets including the AAU Junior Olympic Meets in Columbia on June 12-13 and July 1-4 in hopes of qualifying to compete at the National Championship meet. The AAU National meet is in Norfolk, VA from July 31-August 7, 2010. Two practices a week with Level 1 through May but three practices a week in June. Coaches will choose events at AAU Junior Olympic Meets. Club will cover membership and race fees related to AAU meets and uniforms for high school students. Beginners and experienced (all) are welcome.

Complete a registration form for each athlete participating in the Junior Striders Track Program. Registrations will be accepted at practices but mail is preferred. Phil Lang is the Youth Coordinator for the Howard County Striders and he can be contacted at coachlang@hotmail.com. Check the web site regularly for updates, results and pictures. Make it a favorite (<http://www.striders.net/programs/junior/>)!

Athletic attire should be worn at practice (shorts, t-shirt, sweats). Special running shoes (not spikes) to train in are encouraged for all the runners and are required for those in middle school; you will receive a 10% discount if you buy them at Feet First in the Hickory Ridge Village Center or Road Runner Sports in the Gateway Overlook Shopping Center. Racing shoes (spikes) are not required or even encouraged until your child really commits to the sport.

Practices will be held twice weekly, each **MONDAY and THURSDAY from April 12 to June 10, from 6:00pm to 7:15pm at Oakland Mills High School**. Practice groups will be based on event interest, age and ability and practices will include a warm up, stretching, drills, and a workout. We practice rain or shine typically but if you are not comfortable with the weather please feel free to not attend the practice that night. Practices are not required.

The team will compete at several events during the season and runners are encouraged to be a part of the team and test their speed and stamina at these meets. Most of the meets are in Frederick County on either Sunday afternoons or Saturday mornings with the first one scheduled for April 18. Races will be contested in two year age groups based on the runners' age as of 12/31/10; not their age the day of the race. There are entry fees for these events and they are typically about \$5. Transportation is not provided but car pooling is encouraged. Dates, times, schedule and directions to these meets will be posted on the web site as available. Uniforms must be worn at meets.

HOWARD COUNTY JUNIOR STRIDERS REGISTRATION ~ 2010 Track Team ~

Mail registrations; registrations will be accepted at practices but mail is preferred.

Child's First and Last Name _____ Birth Date (m/d/y) _____

Street Address _____ Gender (boy or girl) _____

City _____ Zip _____ Preferred race distance (Circle): 1 lap or less or 2 laps or more

Family Home Phone (_____) _____ Parent's Email _____

Mother or Father's Name _____ Cell # (_____) _____

How did you find out about the Junior Striders? _____

We are giving you the choice to purchase several different pieces of Junior Strider apparel. PLEASE ORDER THE UNIFORM TANK TOP IF YOU DON'T HAVE ONE!!! Parents can order a shirt or jacket as well if you would like to wear one and support the team at the meets!!!! Complete the order form and list the sizes accurately as applies.

PICK ONE Level 1 (\$40) or Level 2 (\$115) \$ _____

JUNIOR STRIDER APPAREL	Number x cost = total	What sizes (Adult or youth, sm., med., lg.) (adult size uniforms come in female & male)
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*How many uniforms (tank top) _____ x \$15 = \$ _____

(*everyone MUST order a uniform if you don't have one that fits)

How many windbreakers _____ x \$30 = \$ _____

How many hoodie sweatshirts _____ x \$30 = \$ _____

How many Under Armour type t-shirts _____ x \$20 = \$ _____

TOTAL AMOUNT ENCLOSED (level 1 or 2 plus apparel): \$ _____

Waiver/Release: I, the above-mentioned athlete, and said athlete's parent/guardian, understand that participation with the Howard County Junior Striders is a privilege and I am solely responsible for my attendance, participation and behavior at Club events. I also understand that all related meet expenditure, including travel and other incidental expenses are my responsibility and not those of the club. I also understand that the Howard County Junior Striders will not refund any registration fees if I decide not to participate in future club activities. I know that running and volunteering to work in club events are potentially hazardous activities. I am aware the Howard County Junior Striders suggest this athlete be examined by a physician annually and is medically able and properly trained to participate in athletic activities. I do hereby give my consent for the above athlete to participate in the Howard County Junior Striders Track and Field Program. I verify that said athlete currently has sufficient health insurance coverage and that any medical expenses will be first and primarily covered by said policy. I do hereby waive and release any and all claims I may have against the Howard County Junior Striders, their agents or their representatives for any and all injuries sustained in this program. I authorize the Coaching Staff of the Howard County Junior Striders to make any decision concerning the health, welfare and safety, including medical treatment, for this athlete in the event of my absence. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed at races or at practices and I will abide by this guideline.

Please have children of all ages sign SIGNATURE OF ATHLETE _____

SIGNATURE OF PARENT/GUARDIAN _____

Date _____

Make checks payable to HCJS

Send the registration form and check to HCJS c/o Phil Lang, 5412 Thunder Hill Road, Columbia, MD 21045.