

## HASTINGS SAINTS TRACK CLUB -- 2017 -- JOIN TODAY

The Hastings Saints Track Club is now forming. The main focus is to prepare our youth for track and field events and to also have **FUN** in the process. Kids kindergarten through age 13 may join regardless of ability.

**Check out our website to register** or for more info about dates and other meets: [hastingsssaints.com](http://hastingsssaints.com)  
**Questions? Contact** Lee or Kris Vrooman 402-460-6572 or [hastingsssaints@gmail.com](mailto:hastingsssaints@gmail.com)  
 Steve Kindig 402-463-1697 Rob Kober 402-469-2934  
 Cassie Dycus 402-984-5833 Derek Vargas 605-222-6171  
 Paul Rodriguez 402-984-3794 ([rodriguez.paul86@gmail.com](mailto:rodriguez.paul86@gmail.com))

Practice Dates/Times	Date	Age K-3 <sup>rd</sup>	Age 4 <sup>th</sup> & Up
Thursday	April 6	6:30-7:30	7:15-8:15
Sunday	April 9	3:00-4:00	3:45-4:45
Wednesday	April 12	6:30-7:30	7:15-8:15
Thursday	April 20	6:30-7:30	7:15-8:15
Wednesday	April 26	6:30-7:30	7:15-8:15
Tuesday	May 2	6:30-7:30	7:15-8:15
Monday	May 8	6:30-7:30	7:15-8:15

\*\*\*\*weather permitting - watch email/text alert for cancellations\*\*\*\*

All practices will be held at the Hastings College track. Attendance at every practice is not mandatory, however, highly encouraged and recommended. Relay teams will be formed on a competitive basis.

Other times may be added. Please see the MEET SCHEDULE for details on optional meets.

### NEW THIS YEAR.....

- Each participant can sign up for the meets that work for you. A list is provided on our website [hastingsssaints.com](http://hastingsssaints.com).
- *Track uniforms* are available for purchase to be worn at USATF Developmental Track meets. Not going to any of these meets? No need to buy a uniform. Each participant will still receive a t-shirt.
- Practice structure is different to accommodate younger kids separately from older kids.
- A Parent Meeting is scheduled for April 3 | 7:00 PM | St. Michael's Basement
- As always, please contact a coach for scholarship assistance.

Most communication will be via **email and REMIND**

**Register and pay online** at [hastingsssaints.com](http://hastingsssaints.com) or return this section with your payment of \$30.00 before April 10 for early bird discount, make checks payable to:

### HASTINGS SAINTS TRACK CLUB

(Return registration forms at the parent meeting)

CHILD'S NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_ / \_\_\_\_ / \_\_\_\_

ADDRESS \_\_\_\_\_ PARENT'S NAME \_\_\_\_\_

CITY \_\_\_\_\_ Cell PHONE # \_\_\_\_\_ E-Mail \_\_\_\_\_

Girl  Boy

Circle Shirt Size (they will shrink)      YOUTH      Small      Medium      Large

ADULT      Small      Medium      Large

Will you, as a parent, help with practice?       YES       NO

**WAIVER:** Hastings Saints are not responsible for any accidents. I waive and release the Hastings Saints from any liabilities of any kind arising from my child's participation of any event.

Parents Signature: \_\_\_\_\_