



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Middle School Track

**Grades 6-8 Boys and Girls
At Kumpf Middle School**

Season runs from March 23th through May 18th, 2020

Practices:

Kumpf Middle School: Tuesdays & Thursdays, 3:00-4:15pm

**Home meets against other middle schools at Arthur L. Johnson High School.
365 Westfield Ave, Clark, NJ 07066**

**Fee: \$156 Full members
 \$179 Program Members.**

Must be a member of the Y. Paperwork must be completed and turned into the Y in order to practice.

Register at the Fanwood-Scotch Plains Y.

Introductory meeting:

Thursday, March 12, 2:45pm at Kumpf Middle School

Attendance at meeting does not register you for the season

All paperwork must be completed and returned before participating

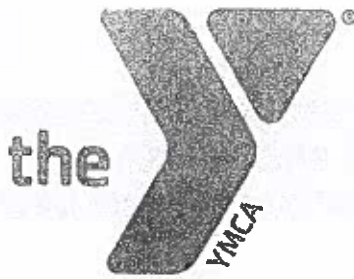
Contact Taj Belfield, tbelfield@fspymca.org, for more information

FANWOOD-SCOTCH PLAINS YMCA

1340 Martine Avenue, Scotch Plains, NJ 07076

P 908-889-8880 F 908-889-4073

Visit us at: www.fspymca.org



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Kumpf Middle School Track Schedule

April 17th- Scotch Plains (Away)

April 27th- Elizabeth (Home)

April 29th- Union (Away)

May 14th- vs Scotch Plains (Away)

May 20th- County Championship @ Elizabeth*

***Must qualify for County Championships**

Practices will be held:

Tuesday and Thursday at Kumpf

Home Meets will be held at ALJ High School

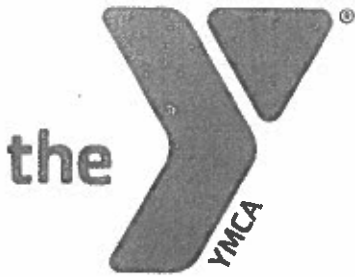


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Middle School Track

Participant's Name: _____

School: _____ Grade: _____

Phone #: _____

Please advise how your child will be getting home from practice each day: _____

Name/Contact Information of adult responsible for transportation:

Name: _____

Contact Information: _____

Relationship to child: _____

Please have your child bring a note if there are any different arrangements from stated above.

****Children not picked up from practice by 4:20pm will be placed in the YMCA Aftercare Program. Daily Aftercare rates will be applied in these instances. (All balances must be paid by Friday of that week or your child will not be allowed to practice until balance is cleared).****

Parent/Guardian Name: _____

Phone number _____ Email _____

Parent/Guardian signature _____ Date: _____

***This form must be returned before practice**

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YMCA MIDDLE SCHOOL TRACK
 Spring, 2020

Today's Date _____ School _____ Grade _____

Students Name _____ Age _____ Sex _____

Date of Birth _____ Home phone number _____

Email address _____ T-shirt size _____

Name of Parent/Guardian(s) _____

Relationship to Student _____

Phone(work) _____ Phone(home) _____

Phone(cell) _____ Phone(cell) _____

Additional Emergency Contact _____

Relationship to Student _____

Phone(work) _____ Phone(home) _____

Phone(cell) _____

Medical Provider Name _____ Phone _____

Date of Last Physical _____

Have you ever had or currently had:

- | | |
|---|--------------------|
| Relationship from sports for a health related problem | Y / N / don't know |
| An injury or illness since your last exam | Y / N / don't know |
| A chronic or ongoing illness | Y / N / don't know |
| An inhaler or other prescription to control asthma | Y / N / don't know |
| Any prescription of over the counter medication taken regularly | Y / N / don't know |
| If yes, list _____ | |
| Surgery, hospitalization, or any emergency room visits | Y / N / don't know |
| Any allergies to medication | Y / N / don't know |
| Allergies to bee stings, pollen, latex or foods | Y / N / don't know |
| If yes, what kind of reaction | |
| __rash __hives __breathing or other anaphylactic reaction | |
| Take any medication/epipen taken for allergy symptoms | |
| List _____ | |
| Any blood disorders | Y / N / don't know |
| If yes, list _____ | |

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Have you ever had, or do you currently have, any of the following heart related conditions:

- Restriction from sports for hear problems ? Y / N
- Chest Pain or discomfort? Y / N
- High blood pressure? Y / N
- Elevated Cholestrol level? Y / N
- Heart infection? Y / N
- Dizzinesss or passing out during or after exercise without known cause? Y / N
- Has a provider ever ordered a heart test? Y / N
- Racing or skipped heart beats? Y / N
- Unexplained difficulty breathing or fatigue during exercise? Y / N
- Any family member (blood relative)
 - Under age 50 with a heart condition Y / N
 - Died of a heart problem before age 50 Y / N
 - Died with no known reason Y / N
 - Died while exercising Y / N

Explain all "yes" answers here including relevant dates _____

Injuries since past physical

- Sprains/fractures Y / N When _____
- Serious illness Y / N When _____
- Hospitalizations/visits Y / N When _____
- Operations Y / N When _____
- Concussions/head injuries Y / N When _____

List the following

- Current medications _____
- Allergies _____

RELEASE AND WAIVER OF LEGAL LIABILITY

I, individually and on behalf of my minor child(ren), hereby release and hold the Fanwood-Scotch Plains YMCA, its assigns and successors, its directors, officers, volunteers, and/or others acting on its behalf harmless from all claims that I/we may have arising from activities that I/we may be involved in with the YMCA. I expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my/our YMCA activities. I hereby release the YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me/us in connection with any injury that arises from activities at the YMCA. I take full responsibility for my/our welfare and safety at YMCA activities. I hereby give permission for emergency medical treatment to be administered as deemed appropriate. I understand that the YMCA does not carry insurance to cover injuries and losses that may befall me/us. I hereby give permission to the YMCA to transport my child(ren) to track meets. I consent to be photographed and to allow YMCA's use of any photos of me or my minor child(ren) at its sole discretion. **HAVING READ, UNDERSTOOD, AND AGREED WITH THSE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATESLY.**

Signature of parent/guardian _____ date _____

Register in person at the Fanwood-Scotch Plains YMCA 1340 Martine Ave. Scotch Plains
****This form must be returned before practice****