2016-2017 Bears Winter Track & Field Program

The "Polar Bears" begin their 11th Winter Track and Field Program, practicing six days each week (not all athletes will attend all sessions). In addition to running events, the volunteer coaching staff also teaches hurdles, high jump and shot put. The program is open to all student athletes from 4th grade through high school. We teach youngsters about the skills and training for track and field events, instilling in them the many positive physical and mental aspects of the sport, setting and achieving goals and being part of a team. Practices are fun and are designed to get the athletes ready for the spring outdoor season. In addition, there will be a variety of meets to enter throughout the winter.

Practices: Monday through Friday, 3:30 P.M. to 5:00 P.M. for all, at the new Fredon Civic Center Gym and Lodestar Park on Route 94. Saturdays at 9:00 A.M. for runners only at the Paulinskill Valley Trail, opposite the dam on Route 614 in Fredon.

Cost: $60 per athlete includes all practices. Make check payable to: "Polar Bears T & F Club." Also, $20.00 for membership in the USA Track & Field which covers our insurance and reduces the entry fees for races for all of 2016/2017. USATF registration should be done online (AFTER Nov. 1) by going to usatfnj.org and clicking on membership. Make sure you use the Polar Bears Club Number (0406) when you register online. Write your 2017 USATF Membership Number at the bottom of this page.

2016-17 Bears Winter Track & Field Club Registration

NAME: _____ BIRTHDAY: _____

ADDRESS: _____

TELEPHONE: _____ E-MAIL: _____

SCHOOL YOU ATTEND: _____

In consideration of this registration form being accepted, I hereby for myself, executors and administrators waive and release claims I may have against The Bears Running Club, Kittatinny Valley State Park, Stillwater Township, Fredon Township and the Recreation Department of Fredon Township, their officers and representatives for injuries that may be suffered by me in this program. I also confirm hereby that I am physically fit and qualified to participate in this program.

_____ _____

Signature of Athlete Date

_____ _____

Signature of Parent/Guardian Date

BOTH MUST SIGN.

_____

USATF Membership Number for 2017