

CINCINNATI TRACK CLUB – Winter Clinics 2014

Purpose: To provide a fun, safe training environment for the community, high schools, and open athletes of Cincinnati and surrounding counties.

Who: Clinics are open to all ages and abilities

Location: University of Cincinnati – Armory Fieldhouse

When: Monday and Wednesday Nights 6:15 – 8:00 pm. Doors open at 6:00 pm
First session is on January 6, 2014 and runs through March 3, 2014.

Cost: \$20 per athlete per day, Coaches and Parents Free
\$10 per athlete per day, Schools or Clubs with 5 or more participants
Cash or Check Only – Please make checks out to Cincinnati Track Club

Waiver: All Participants must have a Current Parent/Guardian signed Liability Waiver on File in order to participate. Please see the Attached Form.

Venue Description:

The Armory Fieldhouse is home to the University of Cincinnati Track and Field teams. It has a 175 meter indoor track with 1 high jump apron, 1 LJ/TJ runway, 2 pole vault runway and 1 shot put ring. Hurdles, Starting Blocks, HJ/PV Standards and Bungees will be available at all sessions.

NOTE:

Pole Vaulters need to bring their own poles!
Throwers need to bring their own implements!

Coaches:

This is a great opportunity for your high school athletes to prepare for the upcoming season and prepare for the Indoor Track and Field State Meet!

If you have any questions or would like to arrange instruction, please contact Nadine Faustin-Parker at 919-673-0826 faustine@ucmail.uc.edu OR Sam Burroughs at 513-802-7076 burrousm@ucmail.uc.edu

Cincinnati Track Club Winter Clinic Info Sheet

Name: _____ Event _____

Address: _____ Grade in school: _____

City: _____ State _____ Zip _____

Phone (_____) _____ Age _____ Sex _____

High School _____ Were you a letter winner? _____

EMAIL _____ Are you on Facebook? _____

Parent/Guardian Name: _____

Emergency Contact Number: (_____) _____

The Cincinnati Track & Field Winter Clinics are sponsored and run by the Cincinnati Track Club, is held at the University of Cincinnati and uses some of the University's facilities. However, the Cincinnati Track & Field Winter Clinics are not sponsored or run by the University, and the coaches and coaches' assistants are not employees or agents of the University in their operation of the camp. Please read the following agreement carefully before signing. Although camp participation is encouraged, it is encouraged only if health and safety are considered.

CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE:

1. I understand that a risk of participating in any sport, including all track & field practice, is the risk of injury, including but not limited to serious permanent injury, paralysis, and death. To minimize the risk of injury, I agree to tell my child to obey all safety rules and to report fully any problems related to his or her physical condition to the camp coaches or assistants as soon as the problem begins.
2. By signing below, I certify the following:

--That my child is not currently under the care of a physician for an injury or illness that would prevent his or her safe participation in the camp;

--That my child is not currently being treated for or recovering from an orthopedic injury that would prevent his or her safe participation in the camp;

--That my child has no history of fainting or other problems related to strenuous exercise; and

--That my child is in good health and there is no reason he or she cannot safely participate in strenuous physical activity.

Parent/Guardian Signature _____ **Date:** _____

CONSENT:

1. By my signature below, I hereby give permission for the Cincinnati Track Club and its employees and agents to obtain medical treatment for my child _____ in the event of accident or illness during his or her presence at the camp.
2. By my signature below, I hereby give consent to have my child be photographed or video- or audiotaped during camp activities, and I agree that the images so obtained may be used for educational and public relations purposes by the Cincinnati Track Club.

Parent/Guardian Signature _____ **Date:** _____

RELEASE:

1. In consideration for accepting my child into the Cincinnati Track & Field Winter Clinics, which uses University facilities, I do hereby agree that I am and shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of his or her participation at the camp. I also certify that I have health insurance, which provides adequate coverage for injuries or illness my child may sustain while participating in the camp.
2. By my signature below, I also agree to release and promise not to sue the State of Ohio, the Cincinnati Track Club, the University of Cincinnati or their employees or agents, for any damages, loss, injury, or death arising from my child's participation in the Camp, unless such damages, loss, injury or death are caused by the gross negligence or intentional gross misconduct of such employees or agents.

Parent/Guardian Signature _____ **Date:** _____

Cincinnati Track Club – Directions and Parking

From the North on I-75

I-75 South, take Exit 3 (Hopple Street). Turn left on Hopple St., across the bridge and up the hill. At the sixth stop light on Hopple St. which becomes Martin Luther King Blvd., turn right on Jefferson Ave. then go one stop light and turn right on University Ave. into UC. Drop off at the University Circle or park in the University Ave. Parking Garage.

From the North on I-71

I-71 South, take Exit 3 (Taft Rd.) which bears to the right at the top of the ramp. Take Taft Rd. about 1.5 miles and turn right on Jefferson Ave. Go two stop lights on Jefferson Ave. and turn left on University Ave. into UC. Drop off at the University Circle or park in the University Ave. Parking Garage.

From the South on I-75 & Kentucky

I-75 North, take exit 3 (Hopple Street, left-hand exit). Turn left on Hopple St., across the bridge and up the hill. At the sixth stop light on Hopple St. which becomes Martin Luther King Blvd., turn right on Jefferson Ave. then go one stop light and turn right on University Ave. into UC. Drop off at the University Circle or park in the University Ave. Parking Garage.

From the West on I-74 & Indiana

I-74 to where it meets with I-75. Take I-75 South toward Kentucky and get off at the first exit, exit 3 (Hopple Street). Turn left on Hopple St., across the bridge and up the hill. At the sixth stop light on Hopple St. which becomes Martin Luther King Blvd., turn right on Jefferson Ave. then go one stop light and turn right on University Ave. into UC. Drop off at the University Circle or park in the University Ave. Parking Garage.

Parking is available in the University of Cincinnati parking garages at the going rate. Free parking is limited on the surrounding streets. Buses can drop off at the University Circle on the UC campus near the corner of Jefferson and University Ave.