

**2010 Maryland Titans Waiver, Release, and Statement of Physical Condition**

Athlete's Name (Printed): \_\_\_\_\_

In consideration of the participation of my child, \_\_\_\_\_, in the Maryland Titans Track Club, I, in my own right as next friend of such minor child, for myself and for such minor child, our heirs, successors, administrators and assigns, hereby contractually waive, relinquish and release any and all rights, claims, actions and/or causes of action we may have against the Maryland Titans Track Club, head coach Dave Knight, and/or any volunteer assistant coach or other club personnel for personal injury or property damage arising from, or in any way connected with, the Maryland Titans Track & Field Program during the 2010 calendar year.

I further certify that the minor child named above is granted my permission to participate in the Maryland Titans Track & Field Program. I am aware of the intensity of the training and competition involved and the associated risks, and I certify that such child is physically fit to participate in such program. I further certify that I know of no physical condition or impairment that would in any way prevent such child from participating in the program.

I further understand that, with my child's membership, I assume the responsibility of helping with the competitions that the club shall put on in whatever capacity that I am qualified for.

Dated this \_\_\_\_ day of \_\_\_\_\_, 2010.

ATHLETE SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_

**2010 Maryland Titans Parents Code of Conduct**

Athlete's Name (Printed): \_\_\_\_\_

Parent / Guardian #1's Name (Printed): \_\_\_\_\_

Parent / Guardian #2's Name (Printed): \_\_\_\_\_

I hereby pledge to provide support, care and encouragement for my child participating in the Maryland Titans Track and Field Program by following Code of Ethics:

1. I will present the club with a copy for their records of my child's proof of age (birth certificate) and a copy of her/his most recent report card after the third marking period ends.
2. I will place the emotional and physical well being of my child ahead of any personal desire to win.
3. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, officials and other parents and opponents at every practice, meet or any other Maryland Titans event.
4. I will insure that my child treat all athletes, coaches, fans, officials and opponents with respect regardless of age, race, sex, creed or ability.
5. I will abide by a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all sports events.
6. I will arrive at the meets on time and report to the Meet Coaches. I will bring a healthy lunch and plenty of fluids to each meet.
7. I will pay all club fees and dues on or before the due date.
8. I will notify the coach in advance when my child and I plan to not attend a practice or meet due to an excused absence.
9. I will provide support for the coaches and officials working with my child to provide a positive, enjoyable experience. Coaching will be left as a job for the coaches.
10. I will conduct myself in an orderly fashion at all times.

I understand that failure to comply any of the above rules could result in temporary or permanent suspension of me and/or my child from the Maryland Titans Track Club.

PARENT/GUARDIAN #1 SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_

PARENT/GUARDIAN #2 SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_

**2010 Maryland Titans Athletes Contract**

Athlete's Name (Printed): \_\_\_\_\_

This is a copy of the Maryland Titans Track and Field participation contract that must be signed by each athlete in order to participate each year in the program. As coaches, we are dedicated to provide you with the best training, advice, guidance and leadership to help you become a role model in the sport of track and field and in your communities.

I hereby agree to the following rules to be a member of the Maryland Titans Track Club:

1. I will present a copy of my proof of age at registration.
2. I will present a copy of my recent report card at the time of registration and during the season. I will maintain no less than a 2.0 grade point average to be a member.
3. I will attend all practices, on time each week. The coaches must be notified in advance of any absences and unexcused absences may result in forfeiture of participation in that week's track meet. I will follow through with all practice routines and workouts as instructed with a positive attitude.
5. I will not leave the track or enter the school of the practice site unsupervised by a coach.
6. I will arrive at the meets on time and report to the Meet Coaches. I will bring a healthy lunch and plenty of water or sports drink to each meet.
7. I will be responsible for warming-up 30-40 minutes prior to my event, and appropriately checking in to my event on time.
8. I will be responsible for helping the team clean up at the end of each meet and each practice.
9. I will be responsible for wearing my uniform and sweats to each meet. If they are damaged or lost at any time throughout the season, they will need to be replaced at my expense, immediately.
10. I will respect and obey instructions given by parents, coaches or adults assigned to supervise the team at practice and at meets. I will also show respect to all other team members and meet officials. If I do not abide by these instructions, the consequences are as follows:  
First Occurrence- parent notification, suspension from practice.  
Second Occurrence- parent notification, suspension from next meet.  
Third Occurrence- parent notification, kicked off the team.
11. I am aware that I may be required to participate in "Timed Trials" issued by the Coach to fairly determine my participation on relays.
12. I am aware that I may be required to participate in "Timed Trials" issued by the Coach at the beginning of the season in order to make the team, due to a high volume number of registered athletes.

I understand that failure to comply any of the above rules could result in temporary or permanent suspension from the Maryland Titans Track Club.

ATHLETE SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_

DATE \_\_\_\_\_