



Cascade Striders Membership Requirements:

1. **Registration Paperwork:** You must complete a 2010 Application form prior to March 31, 2010. Application materials will be available on-line starting in March. This application will be used to generate a roster and allows athletes to participate in practices.
2. **Member Dues:** Payment must be made in full by March 31st, 2010. Dues are payable by check to Cascade Striders and should be given to the President or Treasurer.
3. **USATF Membership:** Our club liability insurance requires participating athletes become members of the USATF. Membership applications are available online at www.usatf.org/membership. A current USATF number is REQUIRED for registration. Our USATF club # 36-0108.
4. **Uniforms:** Uniforms will be sold March 15th and periodically in March & April.
5. **Meet Participation:** Cascade Striders depends on participation and commitment of our families. Each family is required to volunteer during our meet. Please fill out the meet volunteer form at the orientation meeting on March 15th or contact president@cascadestridders.com to sign up. Also, see #8 below. If no job is indicated, we will assign you to a position based on need.
6. **Attendance at Practice:** All parents/guardians of children age 9 and under are required to stay at practice for the safety of these younger athletes. Please make sure your contact information (particularly cell phone) is up to date in case of emergencies.
7. **Junior Olympic Registration:** Further information about the JO event will be given during the season.
8. **Volunteering:** The Cascade Striders is a volunteer club run by volunteers. Without parent volunteers the club would not exist. We require parents to volunteer for time trials and our home meet. For those athletes who continue on to compete in the Junior Olympics. We require parent volunteers at the JO Association meet and the regional meet (when local). Dates for these events will be forwarded to you so that you can plan accordingly. Please thoughtfully consider how else you can be a part of our group.

I would like to help with (check as many as applicable):

Run with kids as parent helper

Consider coaching track, field event or cross country

Uniform sales

End of year party

Administrative tasks

Other _____

9. **Completed forms should be emailed to registrar@cascadestridders.com.**



2010 Track and Field Registration Form

First Name _____ Last Name _____

Birth Date _____ Age _____ Gender _____

Address _____

City _____ Zip _____ Phone _____

Parent/Guardian _____ Cell Phone _____

Parent/Guardian _____ Cell Phone _____

Email for Team Communication _____

Email for Team Communication _____

USATF member number (Required) _____

Obtain USATF number online at <https://www.usatf.org/membership/application>

Medical Information

Physician _____ Phone _____

Address _____

Medical Conditions (e.g. asthma, diabetes, etc.) _____

Emergency Contact (other than parent):

Name _____ Phone _____

AGE GROUPS

The USA Track & Field Youth Athletics program is divided into five two-year age divisions to help insure that young athletes generally compete against others of comparable physical maturity. In addition to the USATF divisions, local teams typically offer a Mini-Bantam and Sub-Bantam division at most meets. Athletes compete in age groups with their “age” being the age they will be at the year-end (December 31). For example, a child that is 12 years old during the track season, but has their 13th birthday on November 22nd will compete all year in the 13-14 age bracket. It is allowable for a child to “run up”, which is to compete in an age group older than the child’s own group. It is not allowable for a child to compete in a younger age group.

Group Name	Abbrev.	Ages
Mini-Bantam	MB	6 & Under
Sub-Bantam	SB	7-8
Bantam*	B	9-10
Midget*	M	11-12
Youth*	Y	13-14
Intermediate*	I	15-16
Young Men/Women*	YM/W	17-18

***USATF Divisions**

Membership Fees *(Make Check Payable to Cascade Striders)*

Full Season Membership

Bantam & older: \$185
Mini & sub bantam: \$155

Post High School Season

(Effective May 29 - HS athletes only): \$100

Single event JO membership: \$50

Membership Contract

I, the undersigned, understand that I am committing to Cascade Striders, a USA Track & Field registered club. I understand that I may not run, jump, walk or throw with or for another USA Track & Field registered club for a period of 120 days following the last competition wearing this club's jersey, without the written permission from the president of this club and my parents.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Parent or Guardian please read each statement and sign and date below to indicate that you agree to abide by our policies.

- 1) I/We assume all risks and hazards incidental to participation with the Cascade Striders Track and Field Club, including transportation to and from the activities. I/We hereby agree to hold harmless the Cascade Striders Club, Coaches, Club Officers and assistants from any claim arising out of an injury to myself or my/our child.
- 2) I/We understand that Cascade Striders is an all volunteer organization and that my/our family will have a responsibility to assist the club and that our participation will be required at both the Cascade Strider Meet (June 3) and the Junior Olympic Association Meet (if athlete is participating). If we are unable to fulfill our obligation, it is our responsibility to find a replacement for our assigned shift.
- 3) Cascade Striders requires that parents or guardians of athletes ages 9 and under must be present during all practices.
- 4) Personal information of team members may not be shared without obtaining the permission of the individual athlete and/or parent.

Parent Signature _____ Date _____

Permission/Release (optional):

_____ I agree to allow photograph to be taken of my child and used for team purposes understanding that last names will not be used.

_____ I agree to have contact information printed on a team roster and made available to club members.

Cascade Striders Code of Conduct

Youth running clubs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in the Cascade Striders running program and shall conform to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, participant, official or attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, participant, or attendee.
3. I will not use drugs or alcohol while at a practice or meet and will not attend, coach, or participate in a youth event while under the influence of drugs or alcohol.
4. I will not engage in the use of profanity.
5. I will treat any coach, parent, participant, official or any attendee with respect.
6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, participant, official or any other attendee.
7. I will not initiate a fight or scuffle with any coach, parent, participant, official, or any other attendee.
8. I will remember that we are guests at meets. We will treat each track, field and public buildings with respect.
9. I will follow the rental guidelines for any track, field or public building in which we practice or compete.
10. I will not drop off any child age 9 and under for practices or meets.
11. I will remember to put the emotional and physical well-being of my child ahead of my personal desire to win.

Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating, or participating in the Cascade Striders program will be subject to disciplinary action, including but not limited to the following:

- 1) Verbal warning issued by coaching staff or board of directors.
- 2) Written warning issued by coaching staff or board of directors.
- 3) Suspension or immediate ejection issued by the organization or official who is authorized to issue such suspension by the youth running organization.
- 4) Season suspension or multiple season suspension issued by organization or by an official who is authorized to issue such suspension by the youth running organization.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____

Cascade Striders Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:
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| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness |
|---|

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Signature

Date

Parent or Legal Guardian Signature

Date