

# WOODSTOCK LEGION ATHLETIC CLUB



## 2018 MINOR TRACK PROGRAM

Please contact Jag Rai - [jag\\_rai@icloud.com](mailto:jag_rai@icloud.com)

Name \_\_\_\_\_ Gender: Male Female  
Date of Birth ( DD / MM / YY ) Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ PC \_\_\_\_\_  
Contact Number #1 \_\_\_\_\_ Contact Number #2 \_\_\_\_\_  
Parents or Guardian \_\_\_\_\_  
Email Address \_\_\_\_\_

### Training Fees

Includes 14 training sessions. Optional Athletics Ontario (MTA) meets, membership paid by WLAC. <b>**Meet fees paid by participant.</b>	\$85	Date Paid
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**NOTE:** Make payment to WLAC. **NSF cheques are subject to a \$25.00 fee.**  
Forms will be accepted at first practice (April 10<sup>th</sup>) or can be mailed to: WLAC, PO Box 20232, Woodstock, ON, N4S 8X8.

### Woodstock Legion Athletic Club Waiver/Photo Release

I/we, the undersigned, hereby irrevocably release the Woodstock Legion Athletic Club and all its branches from any and all responsibilities, from loss and or personal injuries sustained by the participant/athlete while engaged in the activities of the said club, including traveling to and from activities by means of transportation provided by said club. I also authorize my child's photos to promote the club through various media networks, published in brochures and posted on the club website.

Date: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

### Please indicate the events you are interested in:

- Sprints**-80, 100, 400 Metres       **Distance**-800, 1500 Metres  
 **Jumps**-Long, Triple, High       **MTA Meets** (extra events)-200 Metres,  
Shot Put, Javelin

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## Minor Track and Field Program Spring Training – April 10<sup>th</sup> – May 24<sup>th</sup>, 2017 Where Personal Bests are the Greatest Success

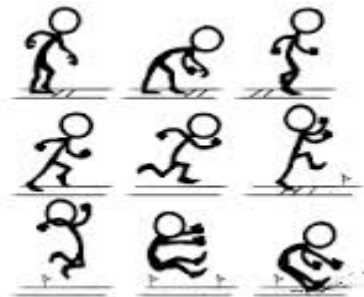


This program is geared for Elementary School Students ages 9-14.

**PLACE:** College Avenue Secondary School (CASS), 700 College Ave., Woodstock.



Come out and learn the fundamentals or supplement your training for your school meets, Regionals or Thames Valley.



WLAC offers training in jumps, sprints and distance running. An introduction to throwing, block starts and relay techniques are also offered.

Bring a water bottle and wear loose, layered athletic clothing. Please be sure to dress for all weather conditions. You should wear running shoes or cross trainers. Skateboard and fashion shoes are not acceptable.

**DAYS:** Tuesday and Thursday

**TIME:** 5:00-6:30pm

**Fees: \$85.00**

Includes 14 training sessions. Optional Athletics Ontario (MTA) meets, membership paid by WLAC. **\*\*Meet fees paid by participant.**

### For more information contact:

**Jag Rai - [jag\\_rai@icloud.com](mailto:jag_rai@icloud.com)**

Mail registrations to: WLAC, PO Box 20232, Woodstock, ON N4S 8X8

Visit our website for a view of all our programs, [www.wlac.ca](http://www.wlac.ca)