

2018 Colona Trojans Track Signup

Dear Parents,

If your child wishes to participate in track, please fill in the information below and have your child return this form to me by Friday, March 9th. Practices will begin on March 12th and will be held from 12-1pm over break (March 12th to March 23rd). When we return to school practices will be held from 3:15 to 4:15. See the attached letter for more information. Feel free to contact me at imalmstrom@csd190.com if you have any questions. Go Trojans!

Thank you,

Ian Malmstrom, Athletic Director

Student Name: _____ Phone: _____

Birth Date: ___/___/___ Gender: ___M ___F Other Emergency
Phone: _____

Health related information that coaches should be aware of:

*Is a current physical exam on record at the school? (sports physicals are good for 395 days) YES NO

***A physical exam is required to participate.

I understand that all sports can involve many RISKS OF INJURY. In consideration of the School District permitting my child/ward to participate in the selected activity, I agree to hold Colona District #190, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of actions, debts, claims, or demands of any kinds and nature whatsoever which may arise by or in connection with the participation of my child/ward in the selected activity. I assume all responsibility and certify that my child/ward is in good physical health and is capable of participation in the selected activity. I also acknowledge that I have received, understand, and agree to the policies in the Athletic Handbook.

My child has permission to participate in track:

Signature of Parent/Guardian

Date