



UGRA 2009 Track and Field Registration

This program is for students in fourth grade (08-09 school year) and above. This two week program is designed to introduce participants to the various events included in track and field and to develop basic, introductory skills in those events.

League VP: Deanne Mundt

(h) 278-8352 or (c) 229-5722

Registration Deadline: June 17, 2009

Registration Fee: \$35.00

Practice: Monday, June 29 – Wednesday July 1
Monday, July 6 – Thursday, July 9
Monday, July 13 – Tuesday, July 14

Practice Location and Time: will be held at the new Urbandale Track on the above listed days at 7:00 pm to 8:00 pm. One of the final practices will be held at the Urbandale Cross Country course at the Urbandale Middle School. That date will be announced later. (If it is raining, we may be holding practice in the UHS gym.)

Please keep the top portion for your information and return the bottom portion to the address below.

Participant Information: (Please print)

Circle Shirt Size: (Adult) S M L XL **Circle Short Size:** (Adult) S M L XL (Child) S M L XL

Participant's Name: _____ Birth date _____
Address: _____ Age _____
Home Phone _____ School now attending _____
Grade completed May '09 _____

Parent Information (Please print)

Mother's Name _____ Work/Cell Phone _____
Address _____ Home Phone _____
Father's Name _____ Work/Cell Phone _____
Address _____ Home Phone _____
E-mail address for track related updates/info _____

Waiver of Liability

I hereby grant approval for my child to participate in the Urbandale Girls Recreation Association (UGRA) Track and Field Club. I further hereby waive any cause of action I might have against the UGRA and its members for injuries which my child may sustain as a result of said participation.

Signature of parent or guardian

Date

Please check here and attach any information to advise the coach of player's important medical history or special needs. (You may write it on the back of the registration if you would like.)

REGISTRATION FEE IS \$35.00 (Fee is waived if mom or dad are serving in the current war.)

Make Checks Payable to UGRA

Return form and payment to: Deanne Mundt
3845 92nd Drive
Urbandale, IA 50322

UGRA use only – Cash _____
Check _____
UGRA initial _____