



**Granite State Flash**  
**2017 USATF Junior Olympics**  
**Track & Field**  
**Program Information**



**Who:** This program is for youth runners and/or field athletes ages 6-18 interested in learning and/or competing in track and field events, or would like to participate in a structured program to continue running through an off-season. For athletes involved in their school's T&F program, you are encouraged to join and participate **after** your season ends or as your school coach allows.

**What:** Flash coaches will lead 2-3 workouts each week designed to prepare runners for the USATF Junior Olympic T&F championships beginning in June. We will participate in a series of optional preliminary meets prior to the qualifying meets in June. There will also be instruction provided for additional training between coached sessions.

**When:** Practices begin Mon Apr 10<sup>th</sup>, and will vary each week based on track and coach availability. Final schedule will be posted. Optional preliminary meets will be scheduled on weekend days prior to the first USATF qualifying meet on 6/17.

**Time:** Weekday practices will begin at 6:15pm and Sunday practices 3pm, and each will last approximately 1.5-2 hours depending on number of events. Meet start times will vary. Coaches will provide more details when the season opens.

**Where:** Practices will be held at **Milford High School** (100 West St, Milford, NH 03055) with some at other local tracks or locations as needed. We'll work to accommodate runners that can't always make practice due to commuting distance.

**Cost:** \$95 for a new Flash athlete, which includes 2017 USATF membership, Flash T&F program registration, and Granite State Flash racing singlet and shorts. Cost will be less for existing Flash athletes that already have a uniform, bring their own plain black shorts, and/or current USATF membership. Note that matching or plain black shorts are **REQUIRED**.

Notes:

- USATF membership is good for the calendar year, so payment for the T&F season will also cover the cross country program beginning in October. Flash singlet and shorts are USATF required uniform.
- As the costs of meet registrations is variable depending on the number of meets and events an athlete participates in, they are not included here and must be provided by the family at each meet registration.

**Questions and next steps?**

Send an email to Coach Justin Platt ([jsplatt@comcast.net](mailto:jsplatt@comcast.net)) with questions or to confirm participation, including athlete's name, gender, town and date of birth. Mail attached completed form, Uniform Form, a **COPY** of the athlete's **birth certificate** (**required** for USATF membership for new Flash members), and cash/check (make checks payable to "**Granite State Flash**") to:

Granite State Flash  
PO Box 6194  
Amherst, NH 03031

Or bring all completed paperwork and payment to first practice you can attend. Further information and next steps will be emailed once schedule has finalized, as well as posted online at [www.granitestateflash.com](http://www.granitestateflash.com).



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**Program Membership and Permission Form**

**Athlete Information** (*please print neatly and complete ALL information- REQUIRED*):

Name: \_\_\_\_\_ Gender: **F M** DOB: \_\_\_/\_\_\_/\_\_\_\_ USATF Membership #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Home Tel#: \_\_\_\_\_  
 Parents First Names: \_\_\_\_\_ Mom's Cell #: \_\_\_\_\_ Dad's Cell #: \_\_\_\_\_  
 Preferred Email Address(es): \_\_\_\_\_ School: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_  
 Family Doctor Name: \_\_\_\_\_ Doctor Phone No.: \_\_\_\_\_  
 Date of Last Physical Examination: \_\_\_/\_\_\_/\_\_\_\_ Date of Last Tetanus Shot: \_\_\_/\_\_\_/\_\_\_\_  
 Previously USATF membership not with Flash? **YES NO** If YES, what club? \_\_\_\_\_

Please check the box below if there have been any illnesses, including but not limited to diabetes, asthma, limited physical activity due to heart problems, injuries or other circumstances of any type related to your child that may affect his/her ability to participate in the Granite State Flash, Inc. programs. If yes, please specify below.

List type of illness/condition etc: \_\_\_\_\_

Please List Other Interests and Activities:  
 \_\_\_\_\_

**PAYMENT**

<b>Granite State Flash Track &amp; Field Fee</b>	\$40	
<b>2017 USATF Membership- Complete and submit Flash USATF Membership form with \$20, OR complete membership process online at <a href="http://www.usatf.org/membership/">http://www.usatf.org/membership/</a></b>	\$20	
<b>Uniform (required for competition)- From separate Uniform Order Form</b>		
<b>TOTAL (Make checks payable to "Granite State Flash")</b>		

**This is to certify that my child (please print), \_\_\_\_\_ has permission to try out and participate in the running programs conducted by the Granite State Flash, Inc. for the year 2017 season.**

I accept and agree to comply to the running programs mission statement of the Granite State Flash, Inc. and any bylaws and rules as applicable to the program. I grant permission to the Granite State Flash, Inc., its agents, coaches and/or volunteers to transport my child to and from athletic activities. In the event that I am unable to be reached in an emergency, I hereby authorize the Granite State Flash, Inc., its agents, coaches and/or volunteers to take emergency measures as needed. I understand this may include related transportation, x-rays, routine tests, treatment and release of records necessary for insurance or treatment purposes. The selected licensed physician or hospital has my permission to secure and administer treatment, including hospitalization for my child in the event such treatment is deemed necessary as a result of my child's participation in the programs or as a result of transportation to and from such athletic activities.

**Assumption of Risk:** I understand that competing in running and field sports is a potentially dangerous activity. I verify that my child is physically healthy and is able to train and compete. I fully assume all risks associated with these activities. I waive and release the Granite State Flash, Inc. its volunteers, coaches and all individuals associated with the Granite State Flash, Inc. from any and all claims of any type arising out of my child's participation in these programs. Further I grant permission for my child's name and contact information to be placed on a roster that may be distributed to team members and their parents/guardians as it relates to team related communications. I also grant permission for any photos taken at events, practices, or club-related activities to be posted on the Granite State Flash, Inc. website.

**Parent or Guardian Name:** \_\_\_\_\_ **Tel.#:** \_\_\_\_\_  
 (Please print)

**Parent or Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Granite State Flash**  
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**Uniform Order Form**



USATF Competition rules require all members of a team to have the same uniform, so all Flash runners will need to run in the black and gold singlet. We also require matching uniform bottom OR plain black compression or track short. All new Flash athletes must select at least 1 singlet, and can order a short or get your own plain black short.



**\$20.00**      **VELOCITY TRACK JERSEY**

100% polyester wicking knit \* Wicks moisture away from the body \* Heat sealed label \* Self-fabric binding at neck and armholes \* Contrast color front inserts \* Double-needle hemmed bottom. With 2 color FLASH logo on front. Ladies top has Ladies' fit.

Please enter quantity for sizes

MENS:      \_\_\_SM    \_\_\_MD    \_\_\_LG  
LADIES:    \_\_\_XS    \_\_\_SM    \_\_\_MD    \_\_\_LG      AMT: \$ \_\_\_\_\_  
YOUTH:     \_\_\_SM    \_\_\_MD    \_\_\_LG



**\$15.00**      **VELOCITY TRACK Short**

100% polyester wicking knit \* Wicks moisture away from the body \* Heat sealed label \* Covered elastic waistband \* Matching inner brief with leg elastic \* Contrast color side inserts \* Side vents \* 5inch inseam \* Self-fabric binding on hem. Ladies short has 4" seam.

Please enter quantity for sizes

MENS:      \_\_\_SM    \_\_\_MD    \_\_\_LG  
LADIES:    \_\_\_XS    \_\_\_SM    \_\_\_MD    \_\_\_LG      AMT: \$ \_\_\_\_\_  
YOUTH:     \_\_\_SM    \_\_\_MD    \_\_\_LG



**\$20.00**      **VELOCITY TRACK Short (Ladies/Girls alternate short)**

90% polyester/10% spandex knit \* Odor resistant \* Wicks moisture away from the body \* Ladies' fit \* Heat sealed label \* Low rise \* Wide flat waistband for secure fit and comfort \* No front seam \* U-shaped gusset \* Flat lock stitching \* Contrast color side inserts \* 4-inch inseam \* Double-needle hemmed bottom

Please enter quantity for sizes

LADIES:    \_\_\_SM    \_\_\_MD    \_\_\_LG      AMT: \$ \_\_\_\_\_  
GIRLS:     \_\_\_SM    \_\_\_MD    \_\_\_LG

**Please Complete and return to Coach Jan or Justin.** Please use separate form for each runner. Make checks out to **Granite State Flash**.

Runner Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Total Items: \_\_\_\_\_ Total Amount: \$ \_\_\_\_\_