



CHRISTIAN STRONGHOLD CHURCH  
Rev. Christopher A. Bell, Sr.—Senior Pastor, Rev. Keith P. Bethel—Assistant Pastor  
Rev. Dr. Willie Richardson—Founding Pastor Emeritus  
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## Youth Ministry Track Team



### Forms needed to join CSC Track Team/ Ministry:

*(All attached forms must be submitted to the Track Ministry before youth can train or compete)*

1. Registration Form\*
2. Parent Consent Form
3. Medical Form  
*(Please Provide a copy of Birth Certificate)*
1. Parent Volunteering Commitment Form
2. Volunteer Check List

\*Teenagers are required to submit a mandatory paper, 1-2 pages, on why they want to run track. The state of current academic and athletic goals must be included.

Today's Date \_\_\_\_\_

# Track & Field Registration Form

(Ages 5 – 18)

## Track Team Location

Christian Stronghold Church  
4701 Lancaster Avenue  
Philadelphia, PA 19131

## Track Team Director

Darryl Wilson  
(267) 205-6257  
Dw\_realestate@yahoo.com

## Child's Information

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Church (if any) \_\_\_\_\_  
Grade: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

## Parent's Information

Parent(s)/ Guardian(s) Name: \_\_\_\_\_  
\_\_\_\_\_  
Telephone#: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Employer: \_\_\_\_\_  
Telephone# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Parent's Email Address: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_  
Telephone#: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Participant's Information

Has your child run Track previously? (Please circle one) YES NO

In order to be able to provide the best coaching for your child, please provide an answer to the following question:

At play, how would you rank your child? "1" being the least assertive, an "10" being the most assertive.

Please circle one

**1 2 3 4 5 6 7 8 9 10**

Teenagers are required to submit a mandatory paper, 1-2 pages, on why they want to run track. The state of current academic and athletic goals must be included.

## Please Read Carefully

I, the undersigned, parent or legal guardian of the participant by authorize the coaches, assistant coaches or parents of team members acting in the capacity of activity supervisors/ vehicle drivers, as my agents, to consent to medical, surgical or dental examination and/or treatment. In case of emergency, I hereby authorize treatment, and/or care at any hospital. If there is an emergency and I cannot be reached, please contact the above emergency contact.

Does this child have any disabilities, handicaps, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness or other significant medical conditions?

Please circle one: YES or NO

If yes, please state condition: \_\_\_\_\_

If you wish to have your doctor contacted in case of emergency:

Doctor Name: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

### EMERGENCY AUTHORIZATION *(from above)*

Authorization Signature: \_\_\_\_\_

### WAIVER IF LIABILITY, DISCLAIMER, AND PERMISSION

I, the parent or guardian of the above named individual, acknowledge that participation in the athletic events necessarily involves the risk of physical injury. I further acknowledge that the programs of Christian Stronghold are primarily administered by parents, who volunteer their time, rather than by paid, trained professionals. In consideration for accepting the registration of the named individual and permitting the voluntary participation of said individual in its programs. I (for myself as well as for my child, his heirs and assigns) hereby release, discharge and hold harmless Christian Stronghold, its employees, volunteers and their representatives or affiliates (including without limitation, the participating churches organizations participating through such churches, sponsors, game or event workers, officials facilities and volunteers) from and against any claims arising out of or relating to physical injury, death, or other damages that may result to said individual while participating to said individual in a Christian Stronghold sponsored event, including any physical injury by the negligence of any official referee, or coach while performing his/her duties during any practice or games. I attest that my child is physically capable to participate in this event. However, should officials representatives or volunteer determine in their sole discretion that completion or participation in any games or events would be injurious to my child's health, or should my child become ill or injured, I consent to his or her removal and treatment by any physician or medical care provider at the direction of the event or game officials, sponsor, representatives and/or volunteers.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

# MEDICAL FORM

Date: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

(Please Print)

Address:

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Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

I have examined:

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(First Name)

Middle Initial

Last Name

And find no medical condition(s) or physical impairment that precludes his/her participation in the Track and Field or any other athletic program.

Notes:

Signature of Physician: \_\_\_\_\_

(PARENTS: Please include a copy of Birth Certificate)

**PARENT VOLUNTEER COMMITMENT**

Christian Stronghold Church Track Team

We are asking each parent of a youth on the track team to commit to volunteer time to assist with training and track meets. Our Track team cannot run efficiently without your help and support as parents. Please check off the areas you plan to commit to. Thank you in advance for whatever time you can offer and serve.

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Parent Name

Child(ren) Participating

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Address

( ) \_\_\_\_\_ - \_\_\_\_\_

( ) \_\_\_\_\_ - \_\_\_\_\_

Home Phone#

Cell#

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Email Address

I hereby agree to commit my time to at least one of the following volunteer services in support of the Christian Stronghold Church Track Team.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Please see next page for Volunteer Check list*

**PLEASE CHECK OFF YOUR CHOICE(S)**

Parent/Guardian Volunteers

\_\_\_\_\_ Van helpers - parent needed to ride on the van to practice, assist can driver and assist the coaches at track practice. Please indicate the days you can commit below:

*Mond.* \_\_\_\_\_ *Tues.* \_\_\_\_\_ *Wed.* \_\_\_\_\_ *Thurs.* \_\_\_\_\_ *Fri.* \_\_\_\_\_

\_\_\_\_\_ Van drivers - driver needed to drive youth to and from practice. Please indicate days you can commit to below:

*Mond.* \_\_\_\_\_ *Tues.* \_\_\_\_\_ *Wed.* \_\_\_\_\_ *Thurs.* \_\_\_\_\_ *Fri.* \_\_\_\_\_

\_\_\_\_\_ Practice Helpers - need 4-5parents to assist practice. Please indicate days you can commit to below:

*Mond.* \_\_\_\_\_ *Tues.* \_\_\_\_\_ *Wed.* \_\_\_\_\_ *Thurs.* \_\_\_\_\_ *Fri.* \_\_\_\_\_

\_\_\_\_\_ Track Meet Helpers - 2 parents needed to assist at track meets. Listen to the announcer when events are being called for particular youth events.

\_\_\_\_\_ Research person - to assist with PowerPoint presentations, advertising and public relations, by making phone calls and contacting parents as needed

\_\_\_\_\_ Reservations - 1-2 parents to assist in making travel and hotel arrangements for away track meets for the team.

\_\_\_\_\_ Awards Ceremony - 2-4 parents to assist in organizing our Annual Awards Ceremony and other track events and social gatherings as a team or ministry. To send cards for birthdays, baby showers, sympathy and graduation cards, etc.

\_\_\_\_\_ Bulletin Board and Registration helpers - to update ministry board as well as assistance with signing up new youth to join track team, post schedules, photos, youth records, information and Cross Country, Indoor and Outdoor Seasons.

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

## **CSC TRACK TEAM POLICY**

**Van Policy** - When Riding on the van to training and meets, boys and girls are to ride on separate vans. If only one van is available, girls are in the front and boys are in the back, with a parent or coach in-between to separate the two.. No youth under the age of 8 are to be on the van without their parent.

**Cell Phone, Games and Music Devices** - All cellphones, PSP's or any music devices are prohibited at training [practice] and track meets. Focus should be on training and running. If caught with one of these devices, it will be taken from youth and given only to a parent/guardian that signs for it.

**Dress Code for Training** - Please come to training properly dressed; shorts, sweats, t-shirt) no jeans, no midriff tops) running shoes. For all track meets, youth are required to be completely dressed in uniform in preparation of event(s).

**Food Policy (diet) During Training and Meets** - Please do not eat anything heavy before training or prior to track meets. It is okay to drink water and Gatorade (eliminate soda and sugary drinks). Use the restroom facilities before training. Training is only for two hours. Eat plenty of fruits and vegetables (salad). It is okay to eat pasta the night before a meet, avoid fried foods and breads the night before a track meet.

**Weather Conditions** - We will not cancel track practice due to inclement weather, unless a snow storm or thunder storm strikes. If we are already training, a decision will be made whether to remain or end training. If lightening strikes and threat of severe weather is predicted, we will cancel or stop practice.

**Discipline Issues** - The Code of Conduct will be enforced.