

Athlete's Name _____ Phone Number _____

Emergency Treatment Release

It is understood by the undersigned Parent(s)/Guardian(s) of _____ that in case of serious illness or accident, a reasonable effort will be made to contact me, my spouse, or the emergency contact listed on the front page of this application form, before any medical or dental care is commenced, providing time and conditions permit. If however, I or my spouse cannot be reached with reasonable diligence, or in the case of immediate emergency, I hereby authorize the representative of the Club to arrange for and consent to such medical or dental as may be recommended by a licensed physician or dentist.

Such medical and/pr dental care shall include, but is not limited to, routine diagnostic tests or examinations, including blood tests, radiographic or laboratory examinations, anesthesia, or any other treatment or care to be rendered under the general or specific supervision and upon the advice of a physician or surgeon licensed under the provisions of the Medical Practice Act or a dentist licensed under the Dental Practice Act.

I further understand that this authorization is given in advance of any specific diagnosis, treatment, or care.

I agree to hold harmless the Club, it's representatives, or any adult acting as an agent for the club, from any liability arising out of the use of, or reliance on, this document.

This authorization is given pursuant to the provisions of Section 25 of the Civil Code of the State of California.

This authorization shall remain in effect until December 31, 2012, or no longer than one year from the date of signing.

Parent/Guardian	Date	Parent/Guardian	Date
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“Tigres vision is to provide high quality track and field programs that enhance children’s lives”

PARENTS CODE OF CONDUCT

I hereby pledge to provide support, care, and encouragement for my child participating in the Tigres Track Club program by adhering to the **Parents’ Code of Conduct** as follows:

- I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, officials and parent volunteers at every meet, practice, or other Tigres event.
- I will place the emotional and physical safety and well-being of my child ahead of any personal desire to win and will maintain a “fun is #1” attitude.
- I will support coaches and officials working with my child, in order to encourage a positive, enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all Tigres practices, meets and events.
- I will insist that my child treat other players, coaches, spectators, and officials with respect.
- I will insist that my child’s coach signs and upholds the Coaches’ Code of Conduct.
- As this is a 100% volunteer-run organization, I realize that it is **MANDATORY** that I fulfill all assigned volunteer shifts per home meet (1/2 day shift per home meet) or I will forfeit my priority registration status for the following year.
- I will assure that my child adheres to the dress code as stated in the Tigres Handbook. Your child’s failure to follow the rules of the dress code could result in his/her inability to participate in the practice or meet.

It is imperative that parents conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, other spectators or athletes will not be permitted or tolerated. I understand that failure to abide by the above Code of Conduct may result in parents being asked to leave the premises, and possibly excluded from attendance at future events and/or future participation in Tigres Club.

Parent’s Signature _____ Date _____

Parent of (Child’s Name) _____



“Tigres vision is to provide high quality track and field programs that enhance children’s lives”

ATHLETES CODE OF CONDUCT

I, _____, hereby pledge to be positive about my Tigres experience and accept responsibility for my participation by adhering to the **Athletes’ Code of Conduct** as follows:

- I will demonstrate and encourage good sportsmanship from myself and my fellow athletes at every practice and meet.
- I will attend every practice and meet that I can, and will notify my coach at least 24 hours beforehand if I cannot.
- I will do my best to listen and learn from my coach.
- I will treat my coach, other players, officials and spectators with dignity, fairness and respect.
- I will not use my words or gestures to taunt or bully any person. If I am witness to bullying behavior, I will inform an adult as soon as possible (ie. My parents, the coach or other trusted adult.)
- I will offer encouragement to my teammates.
- I deserve to have fun during my track and field experience and will alert my parents or coach if it stops being fun!
- After each race or event, I will demonstrate a “Winning without gloating” or “Losing without complaining” attitude.
- I will always put forth my best effort and take pride in doing so.
- I will take pride in my appearance and adhere to the dress code as stated in the Tigres Handbook. My failure to follow the rules of the dress code could result in my inability to participate in the practice, meet or event.

It is imperative that players conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, or players will not be permitted or tolerated. I understand that failure to abide by the above Code of Conduct may result in practice or meet suspension or temporary (possibly permanent) Tigres Club expulsion.

Athletes’ Signature _____ Date _____

2013 Tigres Volunteer Commitment Agreement

Volunteer registration will be part of Tigres athlete registration for the 2013 season. One volunteer per family will be required. Each family is obligated to cover FOUR shifts this season. Our home meets require approximately 125 volunteers to keep the event running smoothly and finishing in a timely manner. Please do your part to help us with another successful season!!

Tigres will be hosting three home meets and JV Finals this year.

Please save these dates: March 16, April 20, May 4 and the JV meet on May 11

In addition, we will have a practice meet on March 9. This will be just for Tigres to help the athletes get a feel for the rhythm of a regular meet and to help all the volunteers and event leaders get to know each other and their duties. Participation is mandatory.

The Dual Meet, Varsity Meet and Championship Meet will be handled independently of regular meet volunteers. Each family with an athlete participating in these meets may be required to volunteer. Sign-ups for volunteer positions at these meets will be handled separately.

Help Wanted: Do you want sign up to be a Volunteer Lead? This means you will be in charge of your event during your shift (a.m. or p.m.) and you will direct the other volunteers. You will also help with volunteer training on March 9th. There is one lead position per shift, per job. To sign up to be a Volunteer Lead, please send an email to kzshah@aol.com.

Lead positions are first come, first served.

In order to receive priority registration for next year you must fulfill your volunteer commitment of 4 shifts this season. If at any time during the season you are NOT able to cover an assigned shift, it is imperative that you contact Kris Shah, the volunteer coordinator, so she can get that shift covered.

Thank you for helping us to keep our meets running smoothly.

Questions? Send an email to: kzshah@aol.com

I have read and understand the registration requirements for the 2013 Tigres Track Season. By signing below I acknowledge receipt of this information and what is required in order to receive priority status for registration next year.

Signature _____

Date _____

Print name _____

Parent of _____

Job Descriptions

DATA (5 total per shift):

-----**Data Camera (1 each a.m. and p.m.):** This/these volunteer(s) will assist the Tigres Timing & Meet/Team Manager coordinator. This includes assistance running the cameras during heats, communicating to starter whether timing is ready for next heat, helping with timing setup for AM or take-down for PM shifts. The goal for this position is to make sure more than one person competent in the setup and operation on the timing system is always available.

Physical requirements: This is mostly seated at the on-field timing tent, however setup or take-down may involve multiple across field or to the Tigres shed located under bleachers.

-----**Data Entry (2 each a.m. and p.m.):** Responsible for accurately entering data on a laptop, including judging race results & entering field event results.

Physical requirements: This is a seated position at the on-field timing tent. Must be comfortable working with computers with accuracy and at a fast pace.

-----**Staging Data Input (2 each a.m. and p.m.):** Data entry computer experience desired. Responsible for checking in athletes, communicating with the Timing/Results & Staging areas, and keeping notes to help Timing/Results accurately judge each heat. One volunteer per shift will be entering/removing/deleting athletes in the meet manager program while the other will assist with notes, 'stickering' and asking for necessary info from athletes, and run information between staging and timing/results.

Physical requirements: Mostly seated in the staging tent (shade).

(*) **(THE ABOVE** positions will involve some training in addition to the practice meet. Erin Sap will be coordinating these training exercises with you and hold them during practices at Buena High School in the weeks prior to the practice meet. Questions or more information about the above can be directed to Erin @ erinsap@gmail.com.)

RESULTS (4 total per shift):

-----**Runner (2 each a.m. and p.m.):** Collecting results from finish line and field events and reporting to Data Entry.

Physical requirements: Walking

-----**Finish Line RESULTS (2 each a.m. and p.m.):** Responsible for recording athletes' stickers at the finish line and directing athletes off the track.

Physical requirements: Standing (not shaded).

STAGING (8 in a.m. and 8 in p.m.): Corralling athletes and escorting them to staging and to events. **Physical requirements:** Standing and walking some shade.

4 X 100 RELAY AND HURDLES (8 - a.m. only): Responsible for preparation of athletes prior to 4 x 100 relay events, acting as a line judge, as well as setup and removal of hurdles.
Physical requirements: Standing (not shaded); ability to quickly lift, carry, and adjust equipment. Experience is a plus.

CROWD CONTROL (3 each a.m. and p.m.): Responsible for admitting authorized individuals into the track area when the track is clear and preventing unauthorized individuals from accessing the infield. Also responsible for helping to direct the flow of athletes across the track to exit the area when the track is clear. **Physical requirements:** Standing, opening and closing the gate.

HIGH JUMP (5 each a.m. and p.m.): Responsible for corralling athletes and directing the flow of competition, placing/replacing the high jump bar, measuring jumps, and recording jumps. **Physical requirements:** Standing (not shaded), bending, and reaching.

SETUP (10-12): Responsible for setup of team tents and other equipment.
Physical requirements: Standing, lifting, and carrying.

TEARDOWN (8-10): Responsible for breakdown and removal of team tents and other equipment. **Physical requirements:** Standing, lifting, and carrying.

LONG JUMP (5-6 each for girls and boys, a.m. and p.m.): Responsible for organizing athletes and the flow of competition, watching for faults and other technical issues, measuring jumps, and raking sand. **Physical requirements:** Standing (not shaded), stooping/bending, and raking.

SHOT PUT (5 each a.m. and p.m.): Responsible for organizing athletes and the flow of competition, watching for faults and other technical issues, measuring throws.
Physical requirements: Standing (not shaded), stooping/bending.

SNACK BAR/APPAREL (3-4 per shift): Responsible for selling apparel during first half of meet and or serving food and making change in the snack bar. Basic math skills required.
Physical requirements: Standing, some seated, light lifting, shade.

STARTER (1 per shift): Responsible for starting each race. Prepping runners and firing start pistol. Experience preferred. **Physical requirements:** Standing, no shade.

ANNOUNCER (1per shift): Responsible for announcing 1st, 2nd, 3rd call etc. Mic will be down on the field. Announcer stationed near staging/timing tents. Experience preferred.
Physical requirements: Standing, some shade

TIMERS (2per shift): Responsible for secondary/tertiary back up timing.
Physical requirements: Standing.

TEAM PARENTS (2-4 a.m. and p.m.): Responsible for monitoring athletes and assisting coaches at the team canopies (bleachers) between events. Also keeping an eye on activity below bleachers. **Physical requirements:** Mostly seated, shaded.

TRASH (1-2per shift): Responsible for monitoring bathrooms, replacing toilet paper/paper towels and/or trash bags if needed. Responsible for monitoring bleachers, area around track and trash/recycling cans; replacing trash bags if necessary **Physical requirements:** Walking, some lifting.

SPECIALTY COACHES: Must be available for practices and all home meets. No experience necessary. Training will be provided and background check required.

CALLERS (8-10): Responsible for contacting and organizing 15-30 volunteers the week before each home meet. Must be reachable by text, e-mail AND phone. Subject to approval by volunteer coordinator.

RIBBONS (2 per season): Responsible for counting and organizing ribbons prior to first meet and applying results labels provided by Judging/Timing, and organizing ribbons for distribution to athletes after each meet. Experience preferred. Need based, subject to approval by volunteer coordinator.