



FREMONT FORCE IS BACK!

This is a co-ed program for kids 4 years old through 12th grade. The program will be led by our awesome coaches Marc, Tony, Andy, and Adam. They've been coaching track and cross country in Fremont for several years along with the support from the Fremont Elite Runners Club. Fremont Force Indoor Track wants you to stay in shape this winter and prepare for the outdoor track and field season. Workouts will focus on sprints, middle distances, form, technique and stretching.



FREMONT FORCE INDOOR TRACK

REGISTRATION: OPEN NOW thru DEC 2
 SESSION DATES: DECEMBER 2 - FEBRUARY 24
 PROGRAM MEETS: SATURDAYS @ 8:00 AM
 MEMBER FEE: \$18
 NON-MEMBER FEE: \$38

ANY QUESTIONS, CONTACT RYAN AT 419-332-9622

Name:		Grade:	School:	DOB:	Gender: M F	
Address:			City:	Phone:		
Child's T-Shirt Size (circle one):		Y Sm (6-8)	Y Med (10-12)	Y Lg (14-16)	Ad Sm	Ad Med Ad Lg
Parent/Guardian Name:				Request:		
Email (used for updates and communication):						
<input type="checkbox"/> YES, I am willing to serve as a volunteer:		<input type="checkbox"/> Head Coach	<input type="checkbox"/> Asst. Coach	<input type="checkbox"/> Referee	Shirt Size: _____	

Sandusky County YMCA Waiver: I hereby authorize the staff of the Sandusky County YMCA to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the Sandusky County YMCA from any and all liability for injuries or illnesses incurred while participating in its programs. I understand that participation carries some risk of injury. All participants must disclose any/all communicable diseases/conditions on medical waiver prior to first practice. The Sandusky County YMCA is not responsible for personal items that are lost, stolen, or damaged. All medical expenses incurred will be the responsibility of the participant's family. The YMCA will be taking pictures. I hereby grant permission for program participant to be photographed and for the photograph to be used for promotional purposes by the Sandusky County YMCA.

Signature of Parent/Guardian: _____ Date: _____



Please return form to the YMCA front desk or mail with payment to:
 Sandusky County YMCA – 1000 North St. – Fremont, OH 43420

