



# TRACK & FIELD REGISTRATION PACKAGE

**Website:** [www.t3elitetraining.com](http://www.t3elitetraining.com)

**E-Mail:** [ttomu@t3elitetraining.com](mailto:ttomu@t3elitetraining.com)

**Phone:** 312-929-5176



# REGISTRATION FORM

PLEASE PRINT

Athlete's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Gender: Female ☐ Male ☐

Current Age: \_\_\_\_\_ Age on December 31 \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone :(\_\_\_\_\_) \_\_\_\_\_ Other Phone (specify) :(\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Uniform Size (Youth/Adult Size): \_\_\_\_\_

Please list any medical limitations (Physical, injuries, allergies, etc.): \_\_\_\_\_

\_\_\_\_\_



**PARENT/LEGAL GUARDIAN CONSENT & RELEASE FORM**

**PLEASE PRINT**

As the parent or legal guardian of the above athlete \_\_\_\_\_, I fully understand that participation in athletics, in this case track and field, could result in both minor and serious injury and even death. I further understand that to minimize the risk of injury or harm, the athlete should have had a physical within the past year. I assume any and all risks associated with the above athlete's participation as a member of the T3 Elite Training Track and Field Club and I hereby waive and release the T3 Elite Training Track and Field Club, its coaches and representatives, Tonderai Tomu, and Hastings middle school any and all rights for damages or injuries suffered while participating with the T3 Elite Training Track and Field Club during a scheduled practice, conditioning session or competition; while traveling to or from a scheduled practice, conditioning session or competition; or during any other Club related activity.

**Insurance:**

It is the responsibility of every individual, their parent or legal guardian to provide their own health and accident coverage while participating in all activities regarding the T3 Elite Training track club. The T3 Elite Training does not provide such coverage for its participants.

**Medical treatment:**

In the event I cannot be contacted, I give permission for my child to be transported by ambulance or aid car to an emergency center for treatment. I further consent to the disclosure of health information and to the medical, surgical and hospital care treatment and procedures to be performed for my child by a hospital when deemed immediately necessary or advisable by the physician to safeguard my child's health.

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

**Athlete's Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_



**MEDIA RELEASE FORM**

**PLEASE PRINT**

By signing below, I \_\_\_\_\_, parent or legal guardian of \_\_\_\_\_ (minor child/athlete) understand and agree that T3 Elite Training Track Club has my permission to take and use my child's track and field/club photographs, digital images, and video images for official Club purposes such as, but not limited to media press releases and the club newsletter. Furthermore, I understand that by signing below I consent to the organization's right to publish photographs depicting the minor athlete/child named above engaged in field and track events of T3 Elite Training Track Club, whether as an active participant or as an observer, on the official T3 Elite Training Track Club Website found at the web address: [www.t3elitetraining.com](http://www.t3elitetraining.com) and all other forms of social media like twitter and Instagram.

I have fully read and considered all of the terms and statements contained in this release before affixing my signature.

EXECUTED this day \_\_\_\_ of \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
**Parent or Legal Guardian Signature**



**PACKAGE PRICING**  
**PLEASE PRINT**

**Summer Track Package Pricing Options (June 1 - July 31):**

\_\_\_ \$430 Summer Training *\*\*Option to purchase uniform separately at <https://t3elitetraining.itemorder.com/>\*\**

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**Semi-Private Package Pricing Options (8-12 athletes; Includes location and time of choice):**

\_\_\_ 1 x week - \$200 (4 sessions)     \_\_\_ 2 x week - \$250 (8 sessions)     \_\_\_ 3 x week - \$300 (12 sessions)  
\_\_\_ 4 x week - \$350 (16 sessions)     \_\_\_ 5 x week - \$450 (20 sessions)

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**One on One Monthly Package Pricing Options (location of choice):**

\_\_\_ 1 x week - \$300 (4 sessions)     \_\_\_ 2 x week - \$350 (8 sessions)  
\_\_\_ 3 x week - \$450 (12 sessions)     \_\_\_ 4 x week - \$550 (16 sessions)

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**\*\*PAYMENTS WILL BE NON- REFUNDABLE AND FINAL\*\***

Checks payable to T3 Elite Training, PayPal ([ttomu@t3elitetraining.com](mailto:ttomu@t3elitetraining.com)),  
Venmo (@tonderai-tomu) Zelle (312-929-5176)



# Sign up for important updates from Coach T.

Get information for **T3Elite Training Track Club** right on your phone—not on handouts.

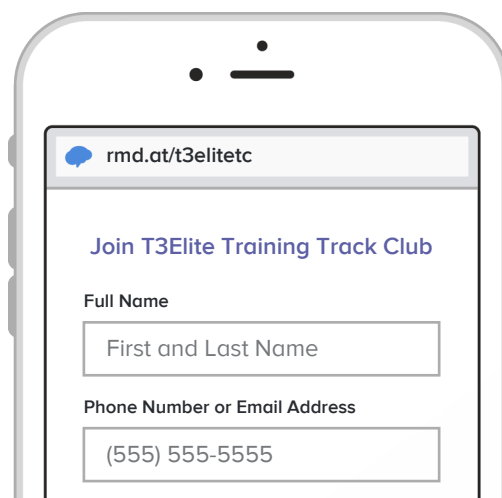
Pick a way to receive messages for **T3Elite Training Track Club**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/t3elitetc](https://rmd.at/t3elitetc)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message [@t3elitetc](https://t.me/t3elitetc) to the number **81010**.

If you're having trouble with **81010**, try texting [@t3elitetc](https://t.me/t3elitetc) to **(952) 236-1986**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/t3elitetc](https://rmd.at/t3elitetc) on a desktop computer to sign up for email notifications.