



## *RCTC Membership Application* **2026**

**Coach M. Word**

**(318) 780-8609** email: [mychalword1@aol.com](mailto:mychalword1@aol.com)

**Please attach a copy of the birth certificate.**

**\* Complete Application and attached Forms**

**TEAM FEE: \$250**

**\* Parents and athletes MUST Read and Sign ALL paperwork**

**\* Attach a copy of birth certificate**

Athlete's Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Birthday \_\_\_\_\_  
Month Day Year

Age Group (circle one)    **7-8**        **9-10**        **11-12**        **13-14**        **15-16**        **17-18**  
**2019-2018**    **2017-2016**    **2015-2014**    **2013-2012**    **2011-2010**    **2009-2008**

Parents \_\_\_\_\_

Address \_\_\_\_\_  
Street or Box Number

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Cell Phn \_\_\_\_\_

Email \_\_\_\_\_



## Athlete History and Order Form

Events \_\_\_\_\_

Personal Records \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_

Team T-shirt Size \_\_\_\_\_

- Shirt sizes: Youth Small, Youth Medium, Youth Large, Adult Small, Medium, Large, XL, XXL

Uniform Top Shirt Size \_\_\_\_\_

- Kids: Youth Small, Youth Medium, Youth Large
- Young Ladies: Lady Small, Lady Medium, Lady Large, Lady XL, Lady XXL
- Young Men: Small, Medium, Large, X-Large, XX-Large

CIRCLE ONE CORRECT SIZE

Track shoes, track spikes, and uniform bottoms not included.



## **WAIVER AND RELEASE OF LIABILITY**

NOTE: This form must be read and signed before the participant is allowed to take part in any practices, training and competition representing RCTC. By signing this form the participant and his/her parents affirm having read it. SPONSORING ORGANIZATIONS: RCTC, USATF and AAU

**In consideration of my involvement under the auspices of this/these sponsoring organizations, I acknowledge and agree that:**

**1. I risk bodily injury, including paralysis, dismemberment, and death; as well as loss of property; 1. I voluntarily assume such risks, including risk of exposure to, contracting, or spreading COVID-19 may result from the acts, omissions, or negligence**

**2. I knowingly and freely assume all such risk; and**

**3. I for myself, and on behalf of my heirs, assigns and next of kin, hereby release, hold harmless and promise not to sue the River Cities Track Club and the USATF organizations, their officers, official agents and/or employees, with respect to any and all such injury, paralysis, dismemberment, death, and/or loss or damage to property except that which is the result of gross negligence and/or willful or wanton misconduct.**

**I have read the above Waiver and Release and understand that I have given up substantial rights by signing it and sign it voluntarily.**

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date signed

### **FOR ATHLETES UNDER 18 YEARS OF AGE**

**This is to certify that I, as parent/guardian of this participant, do consent to his/her release of the River Cities Track Club from any and all liabilities incident to his/her involvement in the programs conducted by USATF. We have read the above waiver and release and understand that we have given up substantial rights by signing it and sign in voluntarily.**

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

\_\_\_\_\_  
Date signed



## **RIVER CITIES HONORSHIP AND REFUND POLICY**

The policy of the RIVER CITIES TRACK CLUB is to issue no refunds after a child has received their uniforms and participated in a track meet or competition. Only rare and unplanned hardships are when refunds will be reviewed.

### **RESPONSIBILITIES AND HONORSHIP**

- ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE IN A MEET UNTIL ALL FEES ARE PAID IN FULL.
- MAKE SURE ALL ATHLETES HAS TRANSPORTATION TO ALL PRACTICES AND MEETS, PLEASE ARRIVE BY THE DESIGNATED TIME.
- PLEASE NOTIFY THE COACHES IF YOU CAN NOT MAKE OR ATTEND ANY TRACK MEETS.
- WE ARE A FAMILY, PLEASE SHOW GOOD SPORTSMANSHIP, RESPECT, and COURTESY TO EVERYONE.
- MAKE SURE AFTER EVERY PRACTICE AND TRACK MEETS WE CLEAN UP OUR AREA.
- PLEASE **READ and SIGN OUR RIVER CITIES PARTICIPANT “CODE OF CONDUCT”**





## PARTICIPANT CODE OF CONDUCT

In consideration of the rights granted to me by my registration with the River Cities Track Club and USATF/AAU organizations, I consent to abide by the rules of conduct set for herein. I understand that these rules extend to my conduct in activities related to, and during any USATF sanctioned event sponsored by USATF and RCTC (This includes practices, travel to and from events, track camps, players' clinics and officials' clinics). I also understand that if I violate any of the following rules, I will be subject to whatever disciplinary action is deemed appropriate by the authorized person, persons, boards or committees of RCTC/ USATF/AAU.

- 1. Disrespect towards coaches or any adult assisting the team while in practice, at track meets, or at any activity sponsored by USATF, AAU and RCTC will not be tolerated. After a verbal warning the next step will be immediate expulsion from the team with no fee refund.**
- 2. Conduct which is inappropriate as determined by comparison to normally accepted behavior will result in one verbal warning and the next offense will justify expulsion from RCTC.**
- 3. Physical or verbal intimidation of any individual will not be tolerated. After one verbal warning, the next offense means expulsion from RCTC. Fighting will not be tolerated!**
- 4. Curfew will be set by the coaches. If violation of curfew occurs, after one verbal warning, the next offense means expulsion from RCTC.**
- 5. RCTC will not tolerate illegal transport, illegal possession, illegal sale, or illegal use of alcoholic beverages or drugs.**
- 6. Physical damage to a facility or theft of items from a room, dormitory, residence or other person will justify expulsion from RCTC. (Restitution will be a part of any penalty imposed.)**
- 7. Fireworks, ammunition, firearms, other weapons or any item or material which by commonly accepted practices and principle would be a hazard or harmful to other persons are banned from RCTC, AAU or USATF sponsored activities.**
- 8. Any act considered to be an offense under Federal, State or Local Laws/Ordinances will justify expulsion from RCTC. You break the law, you are off the team.**
- 9. Violation of the specific policies, regulations, and/or procedures or any facility used in conjunction with a USATF sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures.)**
- 10. Use of a recognized identification card by anyone other than the individual described on the card.**

As evidenced by my signature, I certify that I have read and understand all of the listed rules. I consent to abide by those rules. I understand and accept that the Code of Conduct is designed for my benefit and protection. I will be a respectable and honorable RCTC team member and will represent myself, my family, my community, and my team to best of my ability.

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**Signature**

**FOR ATHLETES OF MINOR AGE**

This is to certify that I, as Parent/Guardian of this participant, have explained to my son/daughter the above-mentioned stipulated conditions and their ramifications, and I consent to his/her participation in the River Cities Track Club. If my child is expelled from the team I understand that I will not receive any portion of the required team fee.

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**Date signed**

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**Parent/Guardian Signature (Print)**

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**Parent/Guardian Name**