



**Youth and Junior High
Performance Triathlon Team**

New Triathlete Registration/Profile

Last Name: _____ **First Name:** _____ **Middle Initial:** _____

Check One: Male Female **Birth Date:** _____ **T-Shirt Size:** _____

E-mail address to be used for billing statement _____

Parent/Guardian Contact Information:

Name: _____

Address: _____

City/Zip: _____

Home #: _____

Work #: _____

Cell #: _____

Fax #: _____

E-mail: _____

Emergency Contact: _____ **Phone:** _____

USA Triathlon Registration Number: _____ **Expiration:** _____

Months/years athlete has competed in the sport of Triathlon: _____

(Signature of Triathlete's Parent or Guardian)

(Date)

Health and Emergency Medical Information

There are risks involved with swimming, cycling and running. Cycling injuries involving falls, scrapes, cuts and bruises are the most common. New athletes involved in a triathlon training program must be careful not to over train.

Athlete's Name:	Athlete's Birth date:	Athlete's Age:
Father/Mother Name:	Home Address:	
Primary Telephone:	Additional Contact Information (if any):	
Emergency Number:		
Second Emergency contact:	Relationship:	
Emergency Number:		
Athlete's Doctor:	Doctor's Number:	
Athletes Allergies:		
Any special Medical Conditions that limit the athlete from a triathlon training program?		
<p>Has the athlete had any cardiovascular problems or heart surgeries? Yes No</p> <p>Diabetes? Yes No</p> <p>Seizures? Yes No</p> <p>Hypertension? Yes No</p> <p>Orthopedic injuries? Yes No</p> <p>Asthma or breathing problems? Yes No</p> <p>Any other medical issues we should be aware of? Yes No</p> <p>If yes, please explain:</p>		

In the event of an emergency involving _____, and if the instructors or coaches cannot get in touch with me, I hereby authorize any needed emergency medical care. I further agree to be fully responsible for all medical expense incurred during the treatment of _____, and to hold harmless and release from liability ANY AND ALL PARTIES involved with this training program.

Parent Signature: _____ Date: _____



Athlete Code of Conduct

In accepting to be a part of the WickedFast Triathlon Team, I agree to:

1. Commit to team goals, team philosophy, and the program requirements and procedures.
2. Display proper respect, honesty, and sportsmanship toward coaches, officials, parents, fellow competitors and teammates. Exhibit team work and team spirit at events and practices. Trash talking and profanity are unacceptable at all times.
3. Refrain from any immoral, inappropriate or unacceptable behavior such as, but not limited to:
 - a. Smoking
 - b. Drinking any alcoholic beverages
 - c. Use of any drugs unless medically prescribed
 - d. Any illegal activity
 - e. Abusive or inappropriate action toward another person
4. Represent WickedFast Triathlon with the honor, pride, and dignity that are expected as a WickedFast Team Member at all times.

Failure to abide by team rules and team expectations will result in disciplinary action as necessary. An athlete who violates any of the above will be required to meet with the coaching staff and their parents to discuss potential consequences.

By signing this Code of Conduct, athlete takes full responsibility for his or her actions as a representative of the WickedFast Triathlon Team.

Athlete Signature

Printed Athlete Name

Date: _____



Parents' Code of Conduct

As a parent of an athlete on the WickedFast Triathlon team, your support and positive encouragement are critical to the success and development of your young athlete and the WickedFast team. Parents are vital to the athlete's development and must show interest and provide support by ensuring their child's attendance at practices, attending and assisting at events and practices and by supporting the team activities.

In accepting to be a part of the WickedFast Triathlon Team, parents of athletes participating in the program agree to the following:

- A. Be a Good Role Model - Parents serve as role models and their children invariably emulate their attitudes and behavior. Be aware of this and strive to be positive role models. Most importantly, show respect and good sportsmanship at all times toward other athletes, coaches, officials, and opponents. Remember, you are teaching your child at all times.
- B. Be Enthusiastic and Supportive - The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. You and your child should learn to treat success and failure as learning experiences and not life changing situations. Encourage your child's efforts and point out the positive things. Your role is to provide love and support regardless of outcome.
- C. Your Child is the Triathlete - Children need to establish their own goals and make their own progress towards those goals on their own time schedule. Be careful not to impose your standards and goals. Do not pressure your athlete with achieving best times, making time standards, or winning. Do encourage them to be their best. Keep your athletes development in the proper perspective.
- D. Let the Coach, Coach – Parents are expected to refrain from making corrections, judging performance, or trying to coach their athlete in any way. Michelle and Alan are qualified to teach technique, design the training program, and evaluate your athlete's performance. When parents interfere with opinions as to how the athlete should swim, bike, or run it causes considerable confusion as to who the athlete should listen to and respect. If you have questions about the WickedFast program and/or if you can offer insight on your child that will enable the coach to be more effective, please discuss with Alan or Michelle.
- E. Be a Positive and Constructive Communicator - If questions, concerns, or problems arise, we encourage and want parents to contact our coaches. Parents often feel more comfortable discussing concerns or disagreements with other parents rather than taking them directly to the coach. These actions often result in new problems being created.



Parents' Code of Conduct

- F. Triathlon Protocol - Any questions that parents may have concerning triathlon results, an officiating call, the conduct of an event, and/or the event facility should be referred to the WickedFast coaching staff only. Our coaches, in turn, will pursue the question or matter through appropriate channels.
- G. Family in Good Standing: Families in good standing are ... (1) Current on all fees, and (2) signed Parent and Athlete Code of Conduct forms. If a family is not in good standing at the start of the session, their athlete will not be permitted to attend practices until the family has satisfied the stated requirements.
- a. Session Payment Options: WickedFast offers discounted options for paying team fees. Select the best option for you. Session payments must be paid before the beginning of the session.
 - b. New (First time only) Athletes who join during the course of a session will be assessed pro-rated dues based on the number of month's participation with the team.
 - c. Team Assignments (Competitive or High Performance): The assignment of the athlete to a practice team is a joint decision between the parent and the coaching staff. Dues change accordingly if the athlete is transferred to a different practice team. The difference for the two practice levels shall be prorated for the remainder of the session.
- H. 8) Release of Liability. Parent hereby releases WickedFast Triathlon Team, its employees and volunteers and any facility used by WickedFast from any liability arising out of any injury to the athlete(s) which may occur while the athlete(s) is/are participating in the WickedFast Triathlon program, including, but not limited to, practices, races, travel trips, and other team activities, or while the athlete(s) is/are using facilities leased or used by WickedFast.

Parent Signature

Printed Parent Name

Date: _____

USE OF IMAGE PERMISSION AND WAIVER AND RELEASE

In consideration of my participation with WickedFast Junior and Youth Triathlon Team, on behalf of myself and the child participant, I hereby grant the staff, its officers, directors, employees, agents, successors, assigns and licensees a royalty-free, irrevocable, worldwide right to reproduce my and the child participant’s likeness or image by photograph, video and any other means, and to use, publish, reproduce and distribute my and the child participant’s name, voice, likeness, image, and biography in whole or in part, in any medium, for any purpose, in any manner and at any time.

PARTICIPATION WAIVER & RELEASE

In consideration of allowing me and the child participant for whom I act as guardian to participate in this activity, I hereby release and hold harmless the triathlon staff, its officers, directors, employees, agents, members, volunteers, and other participants (collectively, the “Released Parties”), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising out of my and the child participant’s participation in this triathlon activity.

Parent’s Name (print) _____ Date: _____

Signature: _____

Child Participant’s Name (print): _____ Date: _____

Parent/Guardian’s Signature on behalf of participant (if under 18): _____

Relationship: _____