



2025 TRACK & FIELD CLUB REGISTRATION FORM

AAU CLUB CODE: W3ETCT

**Team Uniform Package available for purchase \$150*

Participant/Athlete Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age: _____ Birth Date: _____ Current Grade: _____

Phone #: _____ Cell #: _____ Email: _____

Athlete *has asthma: **Y / N** *uses inhaler: **Y / N** *has heart condition: **Y / N**

Track Events: 1. _____ 2. _____ 3. _____

(Parent) Would you be willing to assist or coach?: **Y / N**

(Parent) Would you be willing to be fingerprinted?: **Y / N**

Emergency Contact Name: _____

Phone #: _____ Cell #: _____ Relationship: _____



PARENT/LEGAL GUARDIAN CONSENT & RELEASE FORM

I am the parent/legal guardian of _____

By my signature I hereby give my consent for the above named child to participate in practices, track meets, road races, travel and other activities sanctioned, sponsored, and/or attended by The Westchase Cheetah's Track Club . I authorize the Head Coach, Coaches or Staff members to sign the standard athlete's release forms,) and AAU documents when entering my child in any sanctioned events.

Should I (or my child) decide to withdraw from participation with The Westchase Cheetah's Track Club and its activities, I agree to notify the Westchase Cheetah's in writing, that I am withdrawing the above named child and acknowledge that all REGISTRATION FEES PAID ARE NON-REFUNDABLE.

Further, in consideration of my child being accepted in the Westchase Cheetahs , I hereby indemnify and hold harmless The Westchase Cheetahs Track Club, , Cheetahs Head Coach, Cheetah Coaches, Cheetahs Staff, Cheetahs assigned Chaperones and assigned Chaperones against any and all rights and claims which I have or which may arise in conjunction with my participation or travel to and from practices, track meets, road races or other activities sanctioned, sponsored and/or attended by the Westchase Cheetahs , and AAU.

The signee below represents that the above named child's Medical History including allergies, medications being taken and physical impairments that will in any way effect the child's participation have been brought to the attention of The Heat Track Club in writing on the Medical Acknowledgement/Waiver/Consent and Release form of The Westchase Cheetahs Track Club.

By my signature I represent that by signing, I am the person that I purpose to be and in the case of parent or legal guardian that such a relationship exist between the child and myself. By my signature, also, I have read and agree to all RULES and GUIDELINES in the Westchase Cheetah's Parent/Athlete Information Packet.

Parent/guardian: _____ Date: _____

Participant: _____ Participant's Birth Date: _____



MEDICAL ACKNOWLEDGMENT, WAIVER, AND CONSENT & RELEASE FOR EMERGENCY TREATMENT

I (parent/guardian) acknowledge that a physician has examined the registered athlete within one (1) year of participating in the upcoming Westchase Cheetahs' training and/or competition season.

Furthermore, I acknowledge that said physician has certified that said athlete has been cleared to participate and complete in the various athletic activities related to track and field participation, contests, and competitions.

Furthermore, I do hereby give my consent for the said athlete to participate in the Westchase Cheetahs' Track & Field Program. I THE UNDERSIGNED HEREBY WAIVE AND RELEASE any and all claims I may have against the Westchase Cheetahs, including IT'S OFFICERS, DIRECTORS, EMPLOYEES, COACHES, AGENTS AND ITS REPRESENTATIVES FROM ANY AND ALL LIABILITY DUE TO PERSONAL INJURY RESULTING FROM ACTIVITIES SPONSORED BY THE WESTCHASE CHEETAHS TRACK CLUB OR FOR WHICH THE WESTCHASE CHEETAHS TRACK CLUB IS A PARTICIPANT.

Moreover, I authorize the coaching staff or assigned chaperones of the Westchase Cheetah's Track Club to act as Spokesperson in granting permission for emergency Treatment/Hospitalization (including Anesthesia), if necessary for the aforementioned athlete and to make any decisions concerning the health, welfare and safety including medical treatment of this athlete during my absence.

I understand that should a Health Emergency arise, I will be notified, but if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized.

Parent/guardian: _____ Date: _____



PHOTOGRAPHY/VIDEO/MEDIA RELEASE FORM

By signing below, I, _____ guardian of _____, parent or legal (minor child/athlete) understand and agree that The Westchase Cheetah's Track Club has my permission to take and use my child's track and field/club photographs, digital images, and/or video 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 The Westchase Cheetah's Track Club, whether as an active participant or as an observer, on the official Website found or social media.

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

Parent/guardian: _____ Date: _____



REGISTRATION CHECKLIST

PARTICIPANT/ATHLETE NAME: _____

The following forms are required to complete your registration:

**For your own personal reference, check off the following items as completed.*

- 2025 Fall Registration Form** (Be sure to complete ALL information)
- AAU Membership Card - \$20.00 - Visit play.aausports.org and use Club Code: **W3ETCT****
(Must enter club code when registering athlete on AAU website. Code links your youth to Westchase Cheetahs organization.)
- Registration Fee - \$400 Per Athlete**
(Covers the 2025 season beginning on January 28th)
- Monthly Dues - \$50 Per Athlete**
(Covers the 2025 season's coaches & staff)
- Parent/Legal Guardian Consent and Release Form**
(Must be signed by parent and participant.)
- Medical Acknowledgment, Waiver, and Consent and Release for Emergency Treatment** (Must be signed by parent.)
- Birth Certificate - No Exceptions - *1 copy for club records. *Original Birth certificate (with raised seal) must be present at qualifying track meets and competitions in the case of protest. *Not needed for returning Cheetahs.**
- Photo/Media Release Form**
- 2025 Registration Checklist**
- Info Sheet** (See next page.)

Parent/guardian: _____ Date: _____



INFORMATION SHEET

Parents Responsibilities:

1. **NEW:** Parents agree to volunteer their time on April 5th 2025 to help with the 1st Annual Westchase Cheetahs Track Meet
2. Track Meet Fees: \$25 - \$35 per meet
3. Transportation to and from meets and practice.
4. AAU Membership: \$20.00
5. Registration Fee: \$400 Per Athlete

Team Uniform Package **\$150:**

- 2 Uniforms
- 1 Track Suit
- 1 Back Pack
- 1 Set of Sleeves

Samples
on next
page.

Events Coached:

55m, 100m, 200m, 400m,
800m, 1500m, 3000m, Hurdles,
Long Jump, High Jump, Shot Put,
Javelin, & Discus.

Practice: * Begins Tuesday, January 28th - End of July

Tuesday: 6-8pm or 5-7pm

Thursday: 6-8pm or 5-7pm

Sunday: 6-8pm or 5-7pm

*** 1 Saturday per month:** 6-8pm or 5-7pm

Practice Locations:

*Main: Steinbrenner High School:

5575 W Lutz Lake Fern Rd.
Lutz, FL 33558

*Alt.: Tampa Bay Trail Bridge:

12750 Citrus Park Ln.
Tampa, FL 33625

*Alt.: Land O' Lakes:

3032 Collier Pkwy
Land O' Lakes, FL 34639

*Saturday TBD: Celery Fields:

6799 Palmer Blvd.
Sarasota, FL 34240

Stay up-to-date and follow us on facebook @WestchaseCheetahs

<https://www.facebook.com/WestchaseCheetahs>



2025 TEAM UNIFORM PACKAGE PREVIEW

**SPEED
UNIFORM**



OR

**THROW
UNIFORM**





Things to know about AAU Track & Field Season 1

1. The kids who seem to accel are the kids who are at practice consistently.
2. If you want to run fast at a track meet, you must run fast at practice.
3. Make sure your athlete stays hydrated on a daily basis, even days they don't practice. Hydration is very important
4. Sleep. Your youth needs 9 plus hours of sleep a day.
5. Proper diet is one of the biggest, what we put in our child is what we get out.
6. We will provide a Nutrition Guide and Hydration sheet with registration.
7. If the Track meet starts at 8am and the first event is 3000m and it goes first you should be there at 7:15am so your youth has proper time to stretch and warm up. If your athlete is running 100m and it says on schedule that the 100m is the 3rd event of the day you should be at the meet by 7:45am to give your athlete proper time to warm up. It is the parent responsibility to get their athlete to the track meet on time. If they miss check-in they miss their event.
8. Once the meet starts, I have no idea how fast meet will run, I also have no idea when your youth will run, Track meets are run on a rolling schedule, sometimes meets last 8am to 5pm... Some last 9am to 1pm... So I ask you please don't ask when I think your youth will run cause I have no idea and It would be wrong for me to give you a estimated time, and you come back at that time and your youth missed their event. My answer will always be the same (I Have No Idea). With that said as soon as your athlete is done with their event they can leave. You are not obligated to stay at the Track Meet until the End.



Things to know about AAU Track & Field Season 2

9. We will have 5-6 developmental meets will be on our schedule. They will be mostly in Tampa Area. Some will be in Orlando/Jacksonville Meets are all on Saturdays, however we do attend 2 or 3 meets out of 10-12 that may be Saturday and Sunday. We will have District meet in June. If your youth qualifies top 16 in their event at districts they go to Regionals. If they Qualify top 6 at Regionals, they qualify for Junior Olympics and earns them a trip to Primary and Club Championships at Disney Wide World Sports Complex in Orlando.
10. If your youth becomes a distraction to the other kids, continuing to horseplay when instructed to pay attention, coaches will escort the youth to their parents, for the parents to handle the situation. If parent is unable to correct behavior, child will be asked to leave for the day. If the parent is not present at practice we will address situation when parent arrives.
11. Education is big part of your athlete's success. We hold the parent responsible for disciplining their child if they are not performing in the classroom. With that said Westchase Cheetahs Track & Field Club as a whole support you holding your youth out of competition if they are behind on their educational progress. We suggest you still bring them to practice in this situation.
12. We will use Team App and Facebook messenger to contact parents on practice times, locations and updates.
13. I will be contacting everyone by email so when you sign up for AAU membership, please use the email you want to be contacted at. Make sure you enter our CLUB CODE: **W3ETCT** This will link your athlete to our club. AAU Membership will cover your youth under AAU Insurance for all Westchase Cheetah practices and sanctioned Track Meets in case of injury.



Things to know about AAU Track & Field Season 3

14. Track Meets are long. You will need to bring a cooler, lots of water, healthy foods (fruits, salads, ect..) Also when we set up camps at meets we bring 10 x 10 tents to keep the youth out of the sun. The more tents we have the better as some tents get crowded. Please make sure you bring things that you know will keep your youth occupied while they wait on there event. The less commotion, the better. (uno cards, tablets).. The more rested your youth is the better they will compete. We don't want kids running around the track meet in heat all day before they race.
15. We will practice in the rain. Only time we will cancel practice if it is lightning.
16. Make sure your athlete has a 15min a day stretching routine. This is important to their muscular development as well as preventing injury.
17. Meet Registration fees are due on the Tuesday before the Saturday competition. If you do not notify me that you want your youth to run in the meet and don't pay registration fee. (\$15-\$20) they will not be entered.
18. If you know your youth is going to be late to practice, make sure they are stretching before while waiting on their ride and or get a neighborhood block run in to warm up so they can jump right into the workout when they get to practice.
19. Its all about their Personal Record, also known as a PR. I would rather the athlete get 13th place and run the fastest time of their lives, then get 1st place gold and run slower than they did the previous meet. We love gold but we praise PRs.