



# 2024 Buddy Track



## **TRACK AND FIELD EVENTS** *for kids with special needs*

*Ages 5 and up*

**non-competitive**

**FREE**

\*\*\* RUNNING RELAY! \*\*\* JAVELIN (turbojav)

\*\*\* 100 METER RUN \*\*\* SHOT PUT

\*\*\* LONG JUMP \*\*\* HURDLES

**No prior track and field experience required.**

## **The Fun Awaits!**

Buddy Track is back! This is the 11<sup>th</sup> year of this terrific program! Join us for a three week session held at the Valley Regional High School track with well-respected local coaches and volunteers! Each player athlete will be teamed with a 'Buddy' to enjoy all aspects of our track and field program.

*\*\*\*Participants are encouraged to attend all three weeks of the program!\*\*\**

**April 24<sup>th</sup> - 5:00-6:30pm (Wednesday)**

**May 1<sup>st</sup> - 5:00-6:30pm (Wednesday)**

**May 8<sup>th</sup> - 5:00-6:30pm (Wednesday)**

**\*\*\*\*\*Rain or shine!\*\*\*\*\***

**Register on line @ [www.deepriverct.us](http://www.deepriverct.us)**

**Or by mail to Deep River Parks and Recreation**

**174 Main Street, Deep River, CT 06417**

***(See other side/or page 2 for registration information)***

If you have any questions or concerns, please contact:  
Deep River Parks & Recreation Office @ 860-526-6036

**Thanks to our Proud Sponsors:**

***Deep River Parks & Recreation, Wildwood Pediatrics,  
Child and Adult Orthodontics, Deep River Pizza  
and The Center for Children with Special Needs***

# 2024 REGISTRATION & WAIVER FORM



## Buddy Track

**REGISTRATION DEADLINE 4/15/24**

**Please Check One:** Player Athlete\*: \_\_\_\_\_ Player's Buddy\*\*: \_\_\_\_\_ Adult Volunteer: \_\_\_\_\_

**\*Athletes- must be ages 5 and up;**

**\*\*Player's Buddy- must be in at least 8<sup>th</sup> grade; Limited number of spots available.**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Grade: \_\_\_\_\_ Age on **4/24/24**: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent or guardian's name (if a minor): \_\_\_\_\_

E-mail: \_\_\_\_\_ Alternate E-Mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Special considerations you would like to share (include allergies):  
\_\_\_\_\_  
\_\_\_\_\_

T-shirt size: (All Players, Player's Buddies and Volunteers will receive a T-shirt)

Youth: S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ Adult: S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

I/We the parents or guardians of the above named participant hereby give approval for his/her participation in any and all Buddy Track activities. I/We assume all risks and hazards incident to such participation to and from such activities and do hereby waive, release, absolve and agree to hold harmless the aforementioned Deep River Parks and Recreation Commission, the Town of Deep River, Region 4 Schools and its facilities, its managers, coaches, organizers and sponsors, volunteer participants and supervisors, from any claim arising out of an injury to my/our child, whether the result of negligence or for any other cause, except to the extent in the amount covered by accident or liability insurance. I/We grant permission for my child to receive emergency medical treatment as necessary while participating in the Buddy Track program at Valley Regional high School fields sponsored by Deep River Parks and Recreation Commission.

I give permission to Deep River P & R to use photographs of my child for publicity \_\_\_\_yes \_\_\_\_no

\_\_\_\_\_  
Date: \_\_\_\_\_

*Parent/Guardian signature: (if participant is a minor):*

*Participant signature:* \_\_\_\_\_ Date: \_\_\_\_\_

*(if participant is 18 or older)*

**Register on line @[www.Deepriverct.us](http://www.Deepriverct.us)  
by following the Parks & Rec link or mail or fax the form to:**

**Deep River Parks and Recreation  
56 High Street, Deep River, CT 06417  
860-526-6085 (Fax)**

***All Valley students who would like to be a player's buddy, must complete a form and return it to Mrs. Ryan in the Library or hand it to Ava Frost, Corina Pagliuco or Cami Pagliuco by Monday, April 15<sup>th</sup> 2024.  
Spaces are limited so don't delay!***