



Welcome to Fast Forward Track Club (FFTC).

Participation in youth sports plays a valuable role in the development of children. Aspects of teamwork, dedication, discipline, fitness, self-esteem all contribute to the overall growth and maturation of young athletes.

FFTC offers opportunities in track & field for athlete's ages 6 To 18 pursuing a healthy active lifestyle. If you are looking for a fun opportunity to join others just as committed to running, jumping, and/or throwing, you have found the right team!

FFTC is centralized in DownTown Columbia, SC in Richland County, however the team is open to athletes from the surrounding areas. FFTC takes pride in building character and teaching life lessons through competition. The coaching staff was established in 2017 with the purpose of nurturing young athletes and showcasing the wonderful talents we have in our area.

Our mission for FFTC is to ensure a healthy lifestyle while providing a safe environment for our athletes. The program is designed to allow our athletes to develop their athletic dedication and determination while building character and sportsmanship on and off the track.

FFTC will always be committed to creating a positive culture in which coaches, parents, athletes and officials work together to achieve our mission.

FFTC competes under USATF and AAU Membership and is sponsored by Lita's Treat's with the goals to qualify athletes participation in the Junior Olympics National Event.



LIABILITY WAIVER:

READ BEFORE SIGNING

IN CONSIDERATION OF _____ MY MINOR CHILD,

BEING ALLOWED TO PARTICIPATE IN ANY WAY WITH FAST FORWARD TRACK CLUB RELATED EVENTS AND ACTIVITIES, THE UNDERSIGNED ACKNOWLEDGE, APPRECIATES, AND AGREES THAT:

1. THE RISK OF INJURY TO MY CHILD FROM THE ACTIVITIES INVOLVED IN THIS PROGRAM DOES EXIST; AND, FOR MYSELF, SPOUSE, AND CHILD I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, AND ASSUME FULL RESPONSIBILITY FOR MY CHILD'S PARTICIPATION.
2. I GIVE PERMISSION FOR THE ABOVE-NAMED CHILD TO PARTICIPATE IN FAST FORWARD TRACK CLUB PROGRAM. I WILL ASSUME ALL RISKS AND HAZARDS THAT ARE INCIDENTAL TO THE CONDUCT OF THE ACTIVITIES. I GIVE PERMISSION TO FAST FORWARD TRACK CLUB AND COACHES TO PROVIDE MEDICAL TREATMENT IN CASE OF EMERGENCY OR INJURY.

UNDERSTANDING THE RISK

I UNDERSTAND THE RISKS INVOLVED IN PARTICIPATION IN THIS PROGRAM, MY PERSONAL RESPONSIBILITIES FOR ADHERING TO RULES AND REGULATIONS, AND ACCEPT THEM AS A PARTICIPANT.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISKS AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARENT / GUARDIAN SIGNATURE _____ DATE _____

PRINT NAME _____



INSURANCE WAIVER & INFORMATION

ALL ATHLETES ARE REQUIRED TO PROVIDE PROOF OF INSURANCE. FAST FORWARD TRACK CLUB IS NOT RESPONSIBLE OR LIABLE FOR ANY INJURIES ACQUIRED DURING OR RESULTING FROM TRAINING. BY SIGNING THIS WAIVER, YOU ARE ASSUMING ALL MEDICAL RESPONSIBILITY FOR THE FOLLOWING ATHLETE(S).

ATHLETE NAME _____ DOB ____/____/____

INSURANCE CARRIER _____

POLICY NUMBER _____

I HAVE READ AND UNDERSTAND THIS WAIVER.

PARENT/GUARDIAN SIGNATURE _____

PRINT NAME _____

IN AN EFFORT TO PROVIDE APPROPRIATE TRAINING FOR EACH ATHLETE, IT IS HIGHLY RECOMMENDED THAT ALL ATHLETES GET A PHYSICAL EXAMINATION BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM.



To be filled out by athlete

FFTC CODE OF ETHICS

- I will encourage good sportsmanship from fellow Teammates, coaches, officials and parents at track meets and practice by demonstrating good sportsmanship at all times, win or lose.
- I will treat my coaches, teammates, officials and fans with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
 - I will respect myself and respect others.
 - I will do my very best to listen and learn from ALL coaches.
 - I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will avoid all types of taunting, bullying, and belittling remarks to teammates or opponents.
 - I will be supportive of ALL my fellow teammates.
- I will remember that FAST FORWARD TRACK CLUB is where we learn and have Fun!!!

Athlete's Name: _____ Date: _____



Below, please find season details and information on joining FFTC and contact numbers.

Season Start: (Winter Indoor) September-February
(Summer Junior Olympics) March

Season End: July

Fees: uniform fee of \$80.00

(Includes TRACK BAG, AND END OF THE SEASON BANQUET WITH AWARDS)

Staff:

Teekisha Armstrong-Managing Director /Coach (803) 509-1666

Alan Alvarez-Head Coach (803) 917-9863

Paul Lindsay-Assistant Coach-(843) 870-7130

****Note: ALL MEETS require entry fee per event entered. Fee's range from \$5.00-\$25.00 per event. No late registrations will be accepted. Usually there is a maximum of four events however athletes are not required to participate in all four allotted events.*

*****If your athlete qualifies for the National Championship Track Meet, one parent must accompany that athlete. No Exceptions!!!*

Thank you for joining FAST FORWARD TRACK CLUB and we look FORWARD to a great Season.

Parent Signature: _____

Date: _____

Athlete: _____

Date: _____