

# COLLEGE GUIDELINES



## **TRAINING SESSIONS:**

Adults may use The Armory for training purposes during the season as described below. The season will begin on November 16, 2010 and end on April 14, 2011.

## **Fees:**

There is a fee of \$200 per athlete per team.

## **ID System**

All previous year's ID's should be discarded. All athletes will be given new ID's upon registration.

## **Sessions:**

Each adult will be entitled to use the facility for training at the following time blocks.

Daytime Hours:	Monday <u>thru</u> Thursday 10am to 3pm
Evening Hours:	Tuesdays <u>and</u> Thursdays 6:30pm to 9:30pm
Practice starting date:	November 16, 2010
Practice ending date:	April 14, 2011

**To Register for Armory Training** print out the contract on the last four pages of this document. Send signed contract, proof of insurance, team roster, and payment to The Armory prior to your first date of practice.

## Exceptions Block-out Dates / Times: COLLEGE/ADULT 2010-2011

Month	Date	Practice Changes
<b>November 2010</b>		
	Thursday 25 <sup>th</sup>	Armory Closed
<b>December 2010</b>		
	Monday 27 <sup>th</sup>	No practice
	Tuesday 28 <sup>th</sup>	Evening practice only beginning at 7pm
	Thursday 30 <sup>th</sup>	Day practice (10a-1p) Evening practice beginning at 7pm
<b>January 2011</b>		
	Thursday 6 <sup>th</sup>	No Practice: 6:30pm – 9:30pm
	Monday 17 <sup>th</sup>	No Practice
	Thursday 20 <sup>th</sup>	No Practice: 6:30pm – 9:30pm
<b>February 2011</b>		
	Thursday 10 <sup>th</sup>	No Practice: 6:30pm – 9:30pm
	Monday 21 <sup>st</sup>	No practice all day
	Thursday 24 <sup>th</sup>	No Practice: 6:30pm – 9:30pm
	Monday 28 <sup>th</sup>	No Practice
<b>March 2011</b>		
	Tuesday 1 <sup>st</sup>	No Practice: 6:30pm – 9:30pm
	Tuesday 22 <sup>nd</sup>	No Practice

The Armory also reserves the right to close the facility at any time for emergency maintenance purposes.

THE ARMORY URGES COLLEGE COACHES TO CHECK THE WEBSITE WEEKLY FOR ADDITIONAL CLOSED DATES WHICH MAY COME UP SUDDENLY DUE TO UN-PLANNED CIRCUMSTANCES.

[www.armorytrack.com](http://www.armorytrack.com)

**COLLEGE TEAM  
CONTRACT FOR THE USE OF  
THE ARMORY TRACK & FIELD CENTER**

216 Ft. Washington Avenue  
New York, NY 10032

Agreement dated as of \_\_\_\_\_ between **The Armory Foundation**, 216 Ft. Washington Ave, New York, New York 10032 (hereinafter referred to as "Armory"), a not-for-profit institution, and \_\_\_\_\_ (hereinafter referred to as ("The Organization")) agree as follows:

- I. The Organization agrees to abide by and obey all the Armory rules, fee structure, and regulations while at The Armory Track and Field Center (hereinafter referred to as the "Facility").
- II. Prior to The Organization entering or using the Facility: The Organization will obtain and exhibit to the Armory, comprehensive general liability insurance with limits of not less than one million dollars per individual and two million dollars in the aggregate per occurrence for personal injury, and one million dollars for property damage which insurance shall be for the benefit of both The Organization and the Armory.
- III. The Organization agrees to indemnify and hold the Armory, its trustees, officers, employees and agents, and the City of New York and the State of New York harmless from any all claims, suits, demands, actions or liabilities, including but not limited to, collection fees, attorneys fees and court costs resulting, directly or indirectly, from any act or omission of The Organization / Individual, its agents or employees.
- IV. **USE OF THE FACILITY:** The Armory agrees to allow the Organization to use the facility at the following times:

**Daytime Hours:** Monday thru Thursday  
10am to 3pm

**Evening Hours:** Tuesdays and Thursdays  
6:30pm to 9:30pm

Practice starting date: November 16, 2010

Practice ending date: April 14, 2011

## Exceptions Block-out Dates / Times: COLLEGE/ADULT 2010-2011

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<b>March 2011</b>	Tuesday 1 <sup>st</sup>	No Practice: 6:30pm – 9:30pm
	Tuesday 22 <sup>nd</sup>	No Practice

The Armory also reserves the right to close the facility at any time for emergency maintenance purposes.

THE ARMORY URGES INDIVIDUALS/COACHES TO CHECK THE WEBSITE WEEKLY FOR ADDITIONAL CLOSED DATES WHICH MAY COME UP SUDDENLY DUE TO UN-PLANNED CIRCUMSTANCES.

***www.armorytrack.com***

- V. **FEES:** The Organization agrees to pay a fee of \$200 per athlete which the Organization registers for training for the 2010-2011 season.

**ARMORY FOUNDATION**

By: Derrick Adkins

Title: Director of Track and Field

Signature \_\_\_\_\_

Date \_\_\_\_\_

Institution
Coach
Coach Home Phone
Coach Work Phone
Coach Cell Phone
Coach E-Mail:
Coach's Signature

\_\_\_\_\_  
Date

## ARMORY TRAINING RULES

1. No Athlete will be allowed above the first floor without showing the appropriate ID at the front desk.
2. All athletes must be properly attired at all times while in the Armory. Proper attire consists of shorts and t-shirt or singlet or one piece speed suit. Shoes must have a rubber bottom and no spikes. **No plastic bottoms are allowed in practice.**
3. The use of spikes is a sanctionable offense which can result in suspensions to athletes and teams. Multiple offenses may result in suspensions ranging in length from six weeks to the balance of the season.
4. Visitors and spectators will not be allowed on the track floor, and will not be permitted into the facility without prior approval from the track office.
5. These general rules are in addition to the more specific rules posted on the Armory track floor at all times. Coaches and athletes will be responsible for following all of the rules of Armory staff.
6. While it is not the intention of the Armory Foundation to inconvenience any individual or team, we must ensure that no one is inconvenienced or endangered by the behavior and one person or group.
7. Individuals must read and sign the foregoing, as acknowledgement and acceptance of all rules outlined.

\_\_\_\_\_  
Coach's Signature

Date \_\_\_\_\_