

ADULT / OPEN / MASTERS TRAINING GUIDELINES



TRAINING SESSIONS:

Adults may use The Armory for training purposes during the season as described below. The season will begin on November 15, 2010 and end on April 14, 2011.

Fees:

For adults there is a fee of \$300 per athlete.

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 thru Thursday
10am to 3pm

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

Practice starting date: November 15, 2010
Practice ending date: April 14, 2011

To Register for Armory Training print out the contract on the last four pages of this document. Sign it and bring to The Armory on your first day of training with payment of \$300.

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

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

**ADULT / INDIVIDUAL
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 Individual")) agree as follows:

- I. The Individual 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 Individual entering or using the Facility: The Individual 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 Individual 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 Individual to use the facility at the following times:

Daytime Hours: Monday thru Thursday
10am to 3pm

Tuesday and Thursday
6:30pm – 9:30pm

Practice starting date: November 15, 2010

Practice ending date: April 14, 2010

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

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	Monday 28 th	No Practice
March 2011		
	Tuesday 1 st	No Practice: 6:30pm – 9:30pm
	Tuesday 22 nd	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.

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V. **FEES:** The Individual agrees to pay a fee of \$300 for the 2010-2011 season.

ARMORY FOUNDATION

By: Derrick Adkins

Title: Director of Track and Field

Signature _____

Date _____

Individual
Phone
E-Mail:
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.

Individual's Signature

Date _____