

## Elementary/ Youth / JHS Training Guidelines



### **TRAINING SESSIONS:**

Elementary, Junior High Schools, and Youth Clubs 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 13, 2011

### **ID System**

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

### **Fees:**

Fees for training are \$100 per youth or \$400 per youth club consisting of five to thirty athletes.

### **Sessions:**

Each School, organization or individual will be entitled to use the facility for two sessions per week, during the season. Training sessions will be Mondays and Wednesdays from 3pm – 5pm. (On days where there are no track meets or clinics, training may continue until 6pm) For a complete list of track meets and clinics please email Derrick Adkins at [derrick@armorytrack.com](mailto:derrick@armorytrack.com) .

**To register your student or your team:**

1. Print out a copy of contract below
2. Bring signed contract, a roster of names of your students, and the appropriate fees to your first day of practice.

Student-athletes may practice on every Monday and Wednesday except on the blackout dates given below.

**Blackout Dates /YOUTH: 2010-2011**

<b>Month</b>	<b>Date</b>	<b>Practice Changes</b>
<b>December 2010</b>		
	Monday 20 <sup>nd</sup>	Youth practice ends early – 4:30pm
	Monday 27 <sup>th</sup>	No youth practice
<b>January 2011</b>		
	Wednesday 12 <sup>th</sup>	No youth practice
	Monday 17 <sup>th</sup>	No practice
	Monday 24 <sup>th</sup>	Youth practice ends early – 4:30pm
<b>February 2011</b>		
	Wednesday 2 <sup>nd</sup>	Youth practice ends early – 4:30pm
	Monday 7 <sup>th</sup>	Youth practice ends early – 4:30pm
	Wednesday 10 <sup>th</sup>	Youth practice ends early – 5pm
	Monday 21 <sup>th</sup>	No practice
	Monday 28 <sup>th</sup>	Youth practice 5pm – 7:30pm
<b>March 2011</b>		
	Wednesday 23 <sup>rd</sup>	No practice

**YOUTH  
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**, (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. 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, its agents or employees.
  
- III. **USE OF THE FACILITY:** The Armory agrees to allow the Organization to use the facility at the following times:

Days: Mondays and Wednesdays                      3pm – 5pm (or where otherwise noted)

Practice starting date:                                      November 15, 2010

Practice ending date:                                        April 13, 2011

The Armory reserves the right to limit the number and size of school and club teams if overcrowding becomes a problem. The Armory also reserves the right to close the facility at any time for emergency maintenance.

- V. **FEES:** The Organization agrees to pay The Armory a fee of **\$400** for up to 30 athletes. This fee will cover the team for Armory usage for the entire 2010 - 2011 indoor track season.

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

**Blockout Dates /YOUTH: 2010-2011**

<b>Month</b>	<b>Date</b>	<b>Practice Changes</b>
<b>December 2010</b>		
	Monday 20 <sup>nd</sup>	Youth practice ends early – 4:30pm
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<b>January 2011</b>		
	Wednesday 12 <sup>th</sup>	No youth practice
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<b>February 2011</b>		
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	Monday 7 <sup>th</sup>	Youth practice ends early – 4:30pm
	Wednesday 10 <sup>th</sup>	Youth practice ends early – 5pm
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<b>March 2011</b>		
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**ARMORY FOUNDATION**

By: Derrick Adkins

Title: Director of Track and Field

Signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

Organization/Team Name
Organization Street
Organization Cit/State Address
Coach
Coach Home Phone
Coach Work Phone
Coach Cell Phone
Coach E-Mail:
Coach's Signature

## ARMORY YOUTH 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. Athletes, Coaches and Club Reps must read and sign the foregoing, as acknowledgement and acceptance of all rules outlined.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Team