



# 2016 Junior Athlete Physical Form

This form is to be filled out by the Athlete's parent or guardian  
(if under the age of 16 years)

Athlete Name:

Parent/Guardian Name:

Mobile:

Emergency Contact/s Name & Mobile Number:

Address:

Date of Birth:     /     /     Age:

Gender:  Male  Female

T-Shirt Size: Childs    6  8  10  12  14  16

Shoe Size:

Please take some time to complete the following questions to the best of your ability.

Feel free to be as thorough and detailed in your answers as you please. We would rather have too much information than too little.

1. Has the athlete had a serious medical illness or injury in the last 12 months?

- Yes
- No
- Please describe:

2. Has the athlete been hospitalized overnight in the last 12 months?

- Yes
- No
- Please describe:

3. Does the athlete have asthma (wheezing), hay fever, or coughing spells during or after exercise?

- Yes
- No
- Please describe

4. Has the athlete ever had a broken bone, had to wear a cast, or had an injury to any joint?

- Yes
- No
- Please describe

5. Are you, or the athlete, worried about any relevant problem or condition at this time?

- Yes
- No
- Please describe

6. Is the athlete allergic to any medications or bee stings?

- Yes
- No
- Please describe

7. Has the athlete ever suffered a heat-related illness (e.g.: heat stroke)?

- Yes
- No
- Please describe

8. Is there anything further that you feel we should know about the athlete at this time?

- Yes
- No
- Please describe

Declaration

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue, as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

Date:

Parent/Guardian Signature:



## Junior Squad Membership

The '**Generation Run Junior Squad**' has been developed for children aged 7 – 15yrs who have an interest in running on a recreational level. We offer 1 hour qualified coaching sessions for junior runners with a focus on fun, fitness, running technique and coordination, with the key intention of developing pathways to ongoing healthy habits, new friendships and the further progression in to Athletics and Recreational Running.

Gen Run Junior Squad training will commence at **4:15pm every Wednesday afternoon** and will be held at the **Croydon Athletics Track**, Norton Rd, Croydon, and on the surrounding ovals, grass areas and footpaths, unless otherwise specified.

Training may be cancelled due to extreme weather (i.e.; extreme heat or electrical storms) at the coach's discretion. Regular training will not run during school holidays, however we plan to hold special sessions during these times so stay tuned!

Gen Run Junior Squad membership will be due on week one of each calendar school term and will be charged on a term by term basis at a cost of:

\$80 per child per term,

Or \$70 per child per term if there are multiple children attending training from the same family.

Please be aware that payment will be received by cash or bank transfer only.

For bank transfers, the details are as follows:

**BANK: Westpac**

**ACC NAME: Generation Run**

**BSB: 033-107**

**ACC: 484309**

Please feel free to contact me at anytime if you have any queries regarding Generation Run; our coaches, training schedule, sessions or apparel.

**Email: [stayingpower@live.com](mailto:stayingpower@live.com)**

**Mobile: 0414-272-330**

**Website: [www.generationrun.com.au](http://www.generationrun.com.au)**

Thank you and Happy Running!

Bec Rosel – Coach and Founder of Generation Run 😊