

# RAGNARÖK ATHLETIC CLUB

Location: Cushman Field  
Time/Day: Throughout June and July  
Tuesday and Thursday--4:15 PM  
Friday--11:15 AM (pole vault only)  
Sunday--7:00 PM (pole vault only)  
Other days/times as arranged

Cost: Cost for the summer of 2016 will be \$60. This includes a \$20 USATF membership and a performance t-shirt. Please make checks payable to Ragnarok Athletic Club.

Coaches: Jeff Bakke, Tim Delmore, Brent Lloyd, Lee Baker, Matt Fischer, Tim Tandeski, Sean Allan, Richard Dafoe

The Ragnarök Athletic Club is the only USATF sanctioned track and field club in Grand Forks. It provides athletes with a chance to improve or be introduced to track and field events of their choosing. There are a series of meets throughout the area available to those who choose to compete. All event areas will be offered in some capacity, but the main focus for the above practice sessions will be the technical events of: decathlon/heptathlon, hurdles, jumps, pole vault  
For throws: GF Summer Throwing Program  
For distance: GFC and RR Summer Running Programs

\*Contact Jeff Bakke ([jbakke260@mygfschools.org](mailto:jbakke260@mygfschools.org)) with any questions.

-----**Ragnarök Athletic Club Registration (detach and return)**-----

Name(s) \_\_\_\_\_

Grade (fall 2016) \_\_\_\_\_ School will attend in 2016-17 \_\_\_\_\_

D.O.B. \_\_\_\_\_ USATF Membership # (if completed) \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Name and # \_\_\_\_\_

Email Address: \_\_\_\_\_

I understand that the Ragnarök Athletic Club coaches and the Grand Forks Public Schools will not be held responsible for injuries or personal loss while the above athlete is attending practice sessions. I authorize the coaches/employees to secure any emergency treatment deemed necessary. The club coaches/employees will not be held responsible for the payment of this emergency treatment. Any hospital, transportation, or doctor fees that are the result of injury will be my responsibility. I also acknowledge that the above athlete is physically ready for summer track and field training activities.

\_\_\_\_\_  
**Parent/Guardian Signature:**

\_\_\_\_\_  
**Date:**