

HIGH SCHOOL INDIVIDUAL GUIDELINES



TRAINING SESSIONS:

Adults may use The Armory for training purposes during the season as described below. The season will begin on November 14, 2011 and end on April 12, 2012.

Fees:

There is a fee of \$100 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.

Days: Tuesday/Thursday

2:30pm – 6:30pm

Practice starting date:

November 15, 2011

Practice ending date:

April 12, 2012

To Register for Armory Training print out the contract on the last three pages of this document. Send signed contract and payment to The Armory prior to your first date of practice.



Exceptions Block-out/Add-on Dates: High School INDIVIDUAL

Month	Date	Practice Changes
November 2011		
	Thursday 24 th {Thanksgiving}	Armory Closed
December 2011		
	Tuesday 27 th	No practice
	Thursday 29 th	No practice
February 2012		
	Tuesday 14 th	No practice
	Thursday 16 th	No practice
	Tuesday 21 st	Day practice: 10am – 4:30pm
	Thursday 23 rd	No practice
	Tuesday 28 th	Day practice: 10am – 2:30pm

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

**High School 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:

Days: Tuesday/Thursday	2:30pm – 6:30pm
Practice starting date:	November 15, 2011
Practice ending date:	April 12, 2012
- V. **FEES:** The Individual agrees to pay a fee of \$100 for the 2011-2012 season.



ARMORY FOUNDATION

By: Bassett Thompson

Title: Director of Track and Field

Signature _____

Date _____

Individual:
Phone:
Coach:
Coach Home Phone:
Coach Work Phone:
Coach Cell Phone:
Coach E-Mail:
Coach 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