

March 22nd, 2015

Dear Parents:

The Virginia Special Forces Track Club will begin its 2015 season on April 5<sup>th</sup> for the entire team, 2015. Practice will be held on Tuesdays and Thursdays 6:30 p.m. until 8:30 p.m. the latest at Sycolin Creek Elementary or one of our indoor options in the event of inclement weather. On Sunday's practice is held at Stonebridge HS in Ashburn, VA. Registration will conclude June 15th, 2015. **The session fee for Spring is \$375** for coaching. In the event of rain we may to Loudoun Sports Training Center and Carl's Fitness Studio located in Leesburg, Va. Located at 75 Lawson Road and 705 East Market Street respectively. Full payment is due at time of registration unless an arrangement has been made with management. Registrations done after April 5th, 2015 will require payment prior to performance.

The registration/administrative fee for the season varies for each athlete based on the program selection and options. The registration covers the following:

**Mandatory payments**

<b>Members moving to USATF or AAU Championship (thru entire season)</b>	<b>Spring Only Members participating locally</b>	<b>Veteran members requiring access to Inseason Maintenance &amp; virtual services such as e-Dine w/gear Counseling</b>	<b>Members seeking Training &amp; Off-season training Combo program</b>
<b>Coaching/Trning fee \$375</b>	<b>Coaching/Trning fee \$375</b>	<b>Virtual Coaching /Trning fee \$1 Trial 1<sup>st</sup> \$50 Monthly</b>	<b>Coaching/Trning fee \$375</b>
<b>Administrative fees</b>			
Local fees for non- all comer meets + equipment(\$25)	Local fees for non- all comer meets + equipment (\$25)		1/3 off for Mag 7 Elite Mercury Strength Program & training in the Elite Gyms 10 sessions normally \$450 \$300
Qualifying fee round (\$20)			
Regional fee round paid by members (\$25)			
Championship fee round paid by members (\$45) Fee applied to fundraising & indoor leasing, lodging for staff/admin at meets or national showcase meets			
LCPRC Tax (\$10) or (\$15) if located outside of Loudoun	LCPRC Tax (\$10) or (\$15) if located outside of Loudoun	LCPRC Tax (\$10) or (\$15) if located outside of Loudoun	LCPRC Tax (\$10) or (\$15) if located outside of Loudoun
Spirit pack • Evaluation - Free • Uniform - \$TBD • T-Shirt - \$TBD	Spirit pack • Evaluation - Free • Uniform - \$TBD • T-Shirt - \$TBD	Spirit pack • Evaluation - \$35* TBD	Spirit pack • Evaluation - \$35*

### Menu Optional payments

Members moving to AAU Championship	Members participating locally	Veteran members coming from the Spring season running locally only	Members seeking Training & Off-season training
<b>Administrative fees</b>			
Spirit Pack • Team bag - \$20 • Custom Warm up suit- \$75 • T-Shirt - \$10	Spirit Pack • Team bag - \$20 • Custom Warm up suit- \$75 • T-Shirt - \$10	Spirit Pack • Team bag - \$20 • Custom Warm up suit- \$75 • T-Shirt - \$10	Spirit Pack • Team bag - \$20 • Custom Warm up suit- \$75 • T-Shirt - \$10
		Qualifying fee round (\$20)	
		Regional fee round paid by members (\$25)	
		Championship fee round paid by members (\$45) Fee applied to fundraising & indoor leasing, lodging for staff/admin at meets	
45% off additional Mercury classes above 10 sessions Normally \$45 discounted to \$25	45% off additional Mercury classes above 10 sessions Normally \$45 discounted to \$25	45% off additional Mercury classes above 10 sessions Normally \$45 discounted to \$25	45% off additional Mercury classes above 10 sessions Normally \$45 discounted to \$25

Virginia Special Forces will accept personal checks for the registration and session fees. Alternatively, if you wish to pay installments of \$125 for the session fees, you may do so using EFT. **Note:** The session fee is \$375. If your child decides not to finish the season, the fee remains your obligation to pay.

Registration fee does not cover 1) USAT&F card; 2) AAU card; Championship payments are listed in the mandatory section and payable at registration. Virginia Special Forces will provide equipment and first aid need for meets. Registrations will not be considered complete until the volunteer form is completed and uniforms will only be distributed after the registration fee has been paid.

All athletes must submit a completed registration form with medical and contact information. All new athletes must submit a **copy** of his/her birth certificate within a week of registration. This will aid the volunteer admin team in getting athletes registered for meets that require proof-of-age. Also, please note that we rely heavily on email and website communication for contacting parents when practices have to be canceled or to provide meet information. The staff and members of the Virginia Special Forces Track Club would like to thank you in advance for your support, time and efforts in making the 2015 season a success. We look forward to “catching a dream” and keeping our young people on the right track.

Guidelines, registration/medical form, meet schedule and other information or updates may be obtained from the club’s website at: [www.sftrack.org](http://www.sftrack.org).

Nick Savage

Virginia Special Track Club **Return this completed form, including USATF/AAU Member Number and Check payable to Virginia Special Forces Track Club. Send to: Virginia Special Forces Track, 611 Talmadge Court, Leesburg, VA 20175.**

ADMINISTRATIVE USE ONLY: PAYMENT \_\_\_\_\_ BIRTH CERTIFICATE \_\_\_\_\_ INS \_\_\_\_\_  
MEDS \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ SINGLET \_\_\_\_\_ SHORTS \_\_\_\_\_ BSUIT \_\_\_\_\_ INITIAL \_\_\_\_\_

**Virginia Special Forces Track Club**

**Outdoor Track Registration Form 2015**

**PLEASE COMPLETE A SEPARATE FORM FOR EACH CHILD YOU WISH TO REGISTER AND PRINT CLEARLY.**

If you were NOT part of the Spring program last year, include photocopy of birth certificate (or proof of date of birth). Procedure for getting a USATF and AAU Member Number is described on the website Join Us page ([www.sftrack.org/joinus.htm](http://www.sftrack.org/joinus.htm)).

**Participant Information: Age: (as of 12/31/2015)** \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Attach copy of birth certificate if new to spring program)

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

City/St/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

USATF Member Number (from Step A on the "Join Us" page): \_\_\_\_\_

**Parent Information:**

Father's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Your primary email address (es), i.e. those we can use to send important notices to you:

(DO NOT FILL IN IF YOU DO NOT USE EMAIL REGULARLY)

Mother's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**Emergency Contact Information:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Insurance Information:**

Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**Medical Information:**

Primary Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

**General Health:**

Please list any allergies, medications, or anything that could inhibit physical exertion.

**3 Return this completed form, including USATF Member Number and Check payable to Virginia Special Forces Track Club. Send to: Virginia Special Forces Track, 611 Talmadge Court, Leesburg, VA 20175.**

**Further Information:**

Currently participating in the following sports (including level)

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Previously participated in the following sports (including level)

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**Registration Details:**

Program Recommended for athletes seeking track on a full-time basis with a commitment to pursue personal training opportunities, advanced monitoring activities, advanced gear, homecare kits, cross-training sessions. Field trips to view or compete in major qualifiers for the championships (e.g., Penn Relays, USATF, AAU, etc.) Nominal individual entry fees will also be required for District, Regional's and Nationals. Practice 3 days a week.

**Spring Season – 2015**

**Duration and Fees**

March 22 – June 14 – Cost for this session is \$375 (siblings \$300.00) - The fees include approximately 240 hours of coaching. 400 hrs of counseling and planning.

Additionally, a non-refundable Registration/Activity Fee \$210.00 (This includes 5 meet entry fees per participant, warm-ups, uniform, t-shirt, bag, evaluation and Loudoun County Parks and Recreation Facility access (LCPRS sports tax).

**Spring Payment Total \$ \_\_\_\_\_**

**Summer Season – 2015**

**Duration and Fees**

June 15 – August 15 - Cost for this session is \$250 - The fees include approximately 240 hours of coaching.

Additionally, a non-refundable Registration/Activity Fee \$\_\_\_\_\_ (meet entry fees per participant, warm-ups, uniform, t-shirt, bag, evaluation, see table listed in letter for optional fees, and Loudoun County Parks and Recreation Facility access (LCPRS sports tax).

**Summer Payment Total \$ \_\_\_\_\_**

Uniform size (Please  box): **Singlet:** Youth: YS  YM  YL  ADULT: S  M  L  XL

(Website shows detailed sizing info.)

Gender (M / F) **Shorts:** Youth: YS  YM  YL  ADULT: S  M  L  XL

## Volunteering

The club's coaching staff each donates hundreds of hours to run the club. We need your support in helping maximize the children's experience. Previous coaching experience is not a requirement. Experienced coaches will guide parent volunteers in coaching techniques as required. **4 Return this completed form, including USATF Member Number and Check payable to Virginia Special Forces Track Club. Send to: Virginia Special Forces Track, 611 Talmadge Court, Leesburg, VA 20175. Please indicate below the area(s) how you will assist the Club:**

Assistant coach

Timer/starter   
(4-6)

Team mom -   
communication  
& co-  
ordination

Social activities   
(5-6)

### Volunteer Opt Out Section:

\$45 Donation