

March 20, 2012

Dear Parents & Future Members:

After completing one our most successful seasons in history, 6 All-Americans on the track and field, and two All-Met 1st team selections this fall and winter we press on. The Virginia Special Forces Track Club will begin its 2012 season officially on March 22, 2012. Practice will be held on Tuesdays and Thursdays 6:30 p.m. until 8:30 at the latest at the Flexx Sports Center at the National Conference Center (NCC) in Lansdowne, Virginia and on Sunday's at Briar Woods High School in Ashburn, VA. Registration will commence in the near future. In the meantime will conduct Sunday at 3:30pm at the NCC as well for training. The session fee for Spring is \$375 (\$300 for siblings) and the same for Summer session when determined. Spring session runs from March 22 – June 14. Note: Admin and asst. coach support at meets will be critical this year with loss of our dear friend, Team Mom MVP, Lori Riddick, severe car accident involving Coach Sarah Fleishman, and the upcoming surgery for our other MVP Kerry Thomas! Please support the ladies whether you know them or not.

Summer session runs from June 15 – August 15 will be determined after meeting with several organizations and determining the level of commitment as it relates to volunteer support and the formation of group “The Truth” to ensure more success this summer. Payment will be due no later than 2 weeks from the date that your child begins practice. Registrations done after April 1, 2012 will require payment on the date of registration. The only exception to the deadline will be for those athletes who are currently participating in High School or Junior High School track programs. For those of you that ordered sweat suits last season we will credit this to your registration fee or credit you if o the purchase we order new sweat suits this year.

The registration fee for the season is \$115.00 for each athlete. The register covers the following:

- Evaluation- \$35*
- Uniform- \$35*
- Custom Warm up suit **\$75 (TBD later pretty hot out right now)**
- Track meet entry fees (5 meets)- \$25*
- T-Shirt - \$10
- LCPRC Fee- \$10*

Items marked with an * are required fees for Spring 2012.

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; and 3) regional and championship meet entry fees. These fees are covered individually. 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 2012 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.

Nick Savage

Virginia Special Track Club 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.

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

Virginia Special Forces Track Club

Outdoor Track Registration Form 2012

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.sfrack.org/joinus.htm).

Participant Information: Age: (as of 12/31/2012) _____

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.

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Further Information:

Currently participating in the following sports (including level)

Previously participated in the following sports (including level)

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 – 2012

Duration and Fees

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

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 – 2012

Duration and Fees

June 15 – August 15 - Cost for this session is \$375 (siblings \$300.00) - The fees include approximately 240 hours of coaching.

Additionally, a non-refundable Registration/Activity Fee \$115.00 (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). [This fee does not apply to spring 2011 athletes]

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 --- Volunteerism & fundraising is essential this season.

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	<input type="checkbox"/>	Timer/starter (4-6)	<input type="checkbox"/>
below the area(s)			
how you will assist			
the Club: Assistant coach			
Team mom - communication & co-ordination	<input type="checkbox"/>	Social activities (5-6)	<input type="checkbox"/>
Uniform administration	<input type="checkbox"/>	Fundraising	<input type="checkbox"/>
Publicity	<input type="checkbox"/>	Liaisons (HS, MS, ES)	<input type="checkbox"/>
Meets Administration (team of 4)	<input type="checkbox"/>	First Aid Assistance	<input type="checkbox"/>

Volunteer Opt Out Section: