

WELCOME TO THE RAIN CITY FLYERS

HOW TO JOIN: To become a team member of the Rain City Flyers, follow these steps. Completion of all paperwork and payment is required to participate in team practices

Step One: Fill out the following 3 forms:

1. Rain City Flyers Registration form
2. Medical Information and Emergency Consent form
3. Concussion information sheet (Note: this form is required by Washington law and **must** be read and signed by the athlete and parent or guardian)

Step Two: Figure out your total fees and costs.

1. The team membership fee is \$25 for an individual or \$35 for a family of two or more. The team fee includes participation in 2018 track & field, 2018 cross country, or both. Fee reductions or waivers are considered by application.
2. If you wish to purchase a team running singlet add \$15 per singlet to your payment. We prefer to have team members wear the team singlet during club races, but there is no formal uniform requirement for club meets.

For team members participating in the USATF Junior Olympics a team singlet is required if you are competing as part of a team in your age group. Ask the coaches if you have uniform questions.

Step Three: Return the completed forms and make payment by cash or check payable to Rain City Flyers.

1. Bring the completed forms and payment to practice, or
2. Mail forms and payment: Rain City Flyers, 7051 - 17th Ave NE, Seattle, WA 98115

ADDITIONAL INFORMATION:

Participation in the Junior Olympics meets (summer track and/or fall cross county) requires a USA Track & Field membership. Follow the membership link at www.pacificnorthwest.usatf.org Show your Rain City Flyer affiliation (Club number 36-134) when joining or renewing. USATF membership is for one calendar year, ending December 31. For the XC season, joining on or after 11/1/2018 is valid through 12/31/19. Age verification is required.

You are responsible for individual entry fees for each race in which you participate. Some club meets (especially track) require preregistration. Junior Olympics meets do require preregistration. Meet information is provided during the season.

Information about practices, meets and other team activities will be available at practice, on our team website www.raincityflyers.com, and we will send periodic information by email.

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