

WELCOME TO THE RAIN CITY FLYERS

HOW TO JOIN: To become a member of the Rain City Flyers,

1. Fill out and return (by mail or bring to practice) the following 3 forms:
 - a. Rain City Flyers Registration form
 - b. Medical information and Emergency Consent form
 - c. Concussion information sheet (Note: this form is required by Washington law and must be read and signed by the athlete and parent or guardian)
2. Pay the team membership fee: \$25 for an individual or \$35 for a family of 2 or more.

The team fee includes participation in both the track & field and the cross country seasons. Registration for cross country season only is \$15 for an individual and \$25 for a family. Fee waivers are considered by application.

3. If you wish to purchase a team running singlet add \$15 per singlet to your payment. We like to have all team members wear the team singlet during races. There is no formal uniform requirements for club meets. For the USATF Junior Olympics meets you must have a team singlet if you are competing as part of a team in your age group. Ask the coaches if you have uniform questions.
4. Participation in the Junior Olympics meets (summer track and/or fall cross county) requires a USA Track & Field membership. To join follow the membership link at www.pacificnorthwest.usatf.org Show your Rain City Flyer affiliation (Club number 134) when joining or renewing. Membership is for one calendar year, ending December 31.
5. 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.
6. 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.

WHAT YOU SHOULD DO NOW: Fill out the 3 forms. Figure out the total fees and costs. You may pay by cash or check payable to Rain City Flyers. Bring the forms and check to practice or mail to:

Rain City Flyers, 7051 17th Ave NE, Seattle, WA 98115

QUESTIONS? Jim Neff (206.523.4233) jneff48@aol.com

Corey Batten (206.829.9849) rainypackmmm@yahoo.com