

## WELCOME TO THE RAIN CITY FLYERS

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

**Step One:** Fill out the following 3 forms, which can be downloaded from [www.raincityflyers.com](http://www.raincityflyers.com):

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 2022 track & field, 2022 cross country, or both.
2. 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 a Rain City Flyer. 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. Mail (or deliver) forms and payment: Rain City Flyers, c/o Campbell, 3634 NE 120<sup>th</sup> St., Seattle, WA 98125; or
2. Email the completed registration form to [sarah@traberandsarah.com](mailto:sarah@traberandsarah.com); then bring all 3 original forms plus payment (in an envelope with name on it) to your first practice.

**MEMBERSHIP PAPERWORK AND PAYMENT MUST BE RECEIVED PRIOR TO THE FIRST PRACTICE ATTENDED.**

### ADDITIONAL INFORMATION:

Rain City Flyers strives to include all runners interested in our program. We are a competitive club and an interest in participation with the team in club meets is expected. Participation in the USATF Junior Olympics is encouraged and is a focus as our practices progress through the season.

Participation in the Junior Olympics (JO) track and cross country (XC) meets requires a USA Track & Field membership. Follow the membership link at [www.pacificnorthwest.usatf.org](http://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 11/1/2022 is valid through 12/31/23. Age verification is required for new memberships and takes up to 2 weeks to complete.

You are responsible for individual entry fees for each race in which you participate. Some club XC meets require preregistration. All JO meets require preregistration. Meet details will be provided during the season.

Additional information about practices, meets and other team activities will be available at practice and on our team website [www.raincityflyers.com](http://www.raincityflyers.com). We will also send periodic information by email.

**QUESTIONS?** Ian Young (206.920.8635) [ian.d.young@gmail.com](mailto:ian.d.young@gmail.com)

Sarah Campbell (Registrar) (206.306.1914) [sarah@traberandsarah.com](mailto:sarah@traberandsarah.com)