

PTC Flash
Track & Field
2012

Information & Registration Package

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Welcome to the Peachtree City Flash 2012 Spring Track Season.

Welcome to the 2012 Spring Track Season. We are excited about the upcoming year and thank you for the opportunity to work with your young athlete. This informational packet provides an overview of the program and what to expect this season. It includes our practice schedule, tentative meet schedule, registration materials, and other useful information. Here are a few highlights of the PTC Flash Spring Track & Field 2012 program.

- The 2012 Flash spring track registration fee is \$150. A \$50 uniform cost will also be incurred unless you have our new uniform from cross-country season.
- We will again be competing in the Crystal League series of meets. The Crystal League meets are designed to be developmental in nature but provide a high level of competition for our athletes. Crystal League also offers the same events that will be contested during the summer track season.
- In addition to competing in the Crystal League, we will host a dual-meet against the Fayette Bolt on February 18, 2012. We are also waiting on the final schedule to determine whether Flash will be able to compete in the GRPA regional and state meets. A few optional meets have also been added to the calendar that will be discussed in more detail at our informational meeting on January 21, 2012.
- Our athletes will have the opportunity to compete in a full array of track & field events including Sprints (100m, 200m, 400m), Distance (800m 1500m, and 3000m), Hurdles, Race-walking, Relays, Discus, Javelin, Mini-javelin Long Jump, Triple Jump, and High Jump. Athletes will be allowed to use spikes and starting blocks throughout the season.
- For Spring 2012, we're introducing the Flash Select team. The Flash Select team is a big change from prior years so please see the separate discussion for more details.

The Flash has a long history and outstanding reputation, both within Peachtree City and throughout the state of Georgia. This reputation is the result of the parents and athletes that have participated in the program over the past 20+ years. Our goal for this season is to continue building upon this tradition. Here are the key PTC Flash guiding principles to be followed by all of our athletes. (Note that these are not simply suggestions, rather they are expectations!)

- Show up to practice on time, dressed properly, and ready to work.
- Always show respect for yourself, parents, coaches, teammates, and competitors.
- When you walk off the track after every practice or race, you can say to yourself that you did your best regardless of the result.
- Whether you win or lose a race, always demonstrate outstanding sportsmanship to yourself, your teammates, and your competitors.

If we can answer any questions before the informational meeting, please contact us at running@ptcflash.com. We look forward to another successful track season. Again, on behalf of all the Flash coaches, directors, and volunteers, thank you for your support and participation in the Peachtree City Flash Youth Track program.

Sincerely,

Jeff Bilsky

Head Coach - Track & Field

PTC Flash Core & Select Teams

Overview:

The PTC Flash track program typically has between 75-100 athletes on the team during the spring track season. With this many athletes there is a wide range of interest and ability levels. In order to provide an opportunity for each Flash athlete to train and compete based on their respective interest and abilities we are introducing the Flash Select Team.

Flash Select Team members will participate in focused and intensive training in either 1) Sprints, Hurdles, & Relays; 2) Distance; or 3) Throws/Jumps. Members of the Flash Select Team will also be able to work more extensively on secondary events based on discussions with their primary coach. In addition to the focused training provided to the Select Team members, these athletes will continuously set an example for the entire team in terms of maturity, leadership, and responsibility.

For those athletes who are not on the Flash Select team you will be part of the Flash Core team. As part of the Flash Core team you will have the opportunity to work on all aspects of track & field. You will work from a comprehensive and detailed training program intended to provide you the opportunity to compete in sprint and/or distance races depending on your preference. Our Tuesday practices will be structured to provide Core Team members the opportunity try the different field events as well as racewalking.

Flash Select Team Try-outs:

On Saturday, February 18, 2012 we'll be hosting a dual-meet against the Fayette Bolt. This meet will serve as our formal try-out for the Flash Select team. Although we do not have minimum "time standards" for the Select team, each athlete's athletic performance will be an important factor in making the selections. It is important to note, however, that potential members of the Select team will need to have demonstrated the maturity, leadership, and responsibility characteristics mentioned above. Athletes will be admitted to the Select Team based on their "on-track" results as well as their ability to demonstrate the characteristics described above.

Final Athlete Groupings:

Following the try-outs on February 18th those that make the Flash Select Team will be placed into one of three training groups: 1) Sprint, Hurdles, & Relay; 2) Distance; or 3) Throws/Jumps. All other athletes will be placed on the Flash Core Team. The training groups will be designated by color as follows:

Flash Select Team - Sprint, Hurdles & Relays	Flash Core Team - Sprint, Distance, & Field Events
Flash Select Team - Distance	Flash Select Team - Throws/Jumps

On February 27th each Flash athlete will receive a colored wristband indicating your group. Please wear your wristband to practice as it will help the coaches make sure we get you into the correct groups until we get to know each athlete individually. If you are admitted to the Flash Select Team you will also receive "heat transfer" decal to be affixed to your team t-shirt.

As mentioned above, admission to the Select Team is not about athletic performance only. While athletes on the Select Team need to be physically prepared to handle the planned training it is equally important that they demonstrate a high level of maturity, leadership, and responsibility.

The Coaches

The 2012 Peachtree City Flash track & field program will be led by the following coaches:

1. Jeff Bilsky, Head Coach (Throws, Distance)
2. Chad Lohman (Distance, Jumps, Racewalking)
3. Don Livingston (Distance)
4. Bryan Thornton (Sprints, Hurdles)
5. Melinda White (Sprints, Relays)
6. Wayne Rose (Sprints)
7. Chad Walker (Sprints, Jumps)
8. Jennifer Bilsky (Distance)
9. Jenny Lohman (Distance)
10. Jaimi Tapp (Distance)
11. Amy Murray (Distance)
12. Matt Bergen, (Throws, Jumps)
13. Chris Kojali (Distance)
14. Lorenzo Jones (Distance)

If parents have an interest in getting on the track (or field) and working with the kids, please talk to one of the coaches. We'd be more than happy to have your involvement. Most of the coaches started out in the program as parents interested in helping to work with the kids.

What to Expect at Practice

Beginning Monday, January 30, we will hold practices on Monday, Tuesday, and Thursday from 6:00 PM to 7:30 PM and on Saturday from 9:00 AM to 10:30 AM. All practices will be held at Riley Field in Peachtree City.

A parent is required to either remain at each practice/meet or designate (in writing) another person as having responsibility for the athlete. In other words, unless specifically discussed with a coach prior to practice, someone responsible for the athlete must be present at practice. This is primarily a medical/liability matter to ensure the safety of the athletes.

With the number of athletes in the program we must ask all parents and siblings to stay off the track during practices. There just isn't enough room to accommodate anyone other than athletes and coaches on the track during practice.

Practice Structure through February 25, 2012:

Prior to the Select Team try-outs, we will be focusing primarily on base conditioning. Through the February 18 dual meet, practice will begin on the whistle and all athletes will head to the track to complete an 800m (2 lap) warm-up. Following the 800m warm-up, athletes will begin their core work-out for that particular practice. During the initial weeks of practice we will have two groups: Sprints & Distance. Athletes are welcome to work-out with either of these groups, however, if you intend to try-out for the Select Team it is strongly recommended that you train with the appropriate group. For example, if you intend to try-out for the Select Team focusing on sprints, you should be training with the sprint coaches. If you are unsure, a coach will help get you into a training group.

Practice Structure beginning on February 27, 2012:

Following the February 18th Select Team try-out we will send a team roster with each athlete's grouping. On Monday, February 27th at the start of practice you will receive a colored wristband based on your grouping. Beginning on February 20th, practice will start on the whistle with a brief team meeting. The team will assemble at the 1600m waterfall start line. Following the team meeting all athletes will go directly to their assigned team stations to begin practice. The assigned stations are as follows:

White (Core):	At the 1600m waterfall start-line
Black (Select - Throws/Jumps):	At the discus cage at the far end of the field
Blue (Select - Sprints):	At the 100m start-line
Green (Select - Distance):	At the 1500m waterfall start-line

Other Practice Information

Each of the Team coaches will have a dry-erase whiteboard set-up at practice. The coaches will try to provide an overview of the day's work-out on the whiteboard for you to review before practice begins. This information will also be available to you during practice so you can see what has been accomplished and what remains to be completed. Please spend a few minutes before practice reviewing the day's planned work-out.

Each practice will generally be structured to include 2 sessions of approximately 40 minutes. The first session will run from 6:05 - 6:45 PM and the second session will run from 6:50 - 7:30 PM. The sessions will be used to allow athletes to move between different event focuses. The objective of the practice structure is to provide athletes on the Select Team the opportunity to focus on their primary and secondary track and field events 2-3 times per weeks. Athletes on the Core Team will focus on track work-outs with the opportunity to try other events on Tuesday.

Please note that while the practice structure allows for 1½ hours (6:00 - 7:30 during the week) of total practice time, the various groups may not use the full time. As a result, practice may end as early as 7:00 PM for some groups on certain days. The whiteboard set up at each group station will indicate the approximate time practice will end for that group. Parents, please make sure you check the whiteboard as well to know when you should expect your athlete's practice to end.

Daily Group Practice Structure

The following table illustrates the planned practice structure for our Monday, Tuesday, and Thursday practices starting on February 27, 2012. Please review this information to get an idea as to what you will be doing at each practice.

Session 1 (All Practices): 6:05 - 6:45	
Blue	Start at the 100m start line and the focus is on sprints, hurdles, or relays.
Green	Start at the 1500m start line and the focus is on a track work-out.
White	Start at the 1600m start line and the focus is on a track work-out.
Black	Start at the discus cage and the focus is on throws or jumps.

Session 2 (Monday): 6:50 - 7:30	
Blue	Continue working on sprints, relays, & hurdles. If coach permits, participate in racewalk, jumps, or throws practice.
Green	Continue track work-out. If coach permits, participate in racewalk, jumps, or throws practice.
White	Continue track work-out.
Black	Continue working on throws or jumps. If coach permits, participate in racewalk, jumps, or sprint/hurdle practice.

Session 2 (Tuesday): 6:50 - 7:30	
Blue	Continue working on sprints, relays, & hurdles
Green	Continue track work-out.
White	Continue track work-out, hurdles, racewalk, jumps, or throws.
Black	Continue working on throws.

Session 2 (Thursday): 6:50 - 7:30	
Blue	Continue working on sprints, relays, & hurdles. If coach permits, participate in racewalk, jumps, or throws practice.
Green	Continue track work-out. If coach permits, participate in racewalk, jumps, or throws practice.
White	Continue track work-out.
Black	Continue working on throws or jumps. If coach permits, participate in racewalk, jumps, or sprint/hurdle practice.

Athlete Age Groups

Athletes will participate in age groups determined by the athlete's age as of December 31, 2012. The age-group classifications for Spring & Summer Track 2012 will be:

Sub-Bantam (8 & under):	Born in 2004 or after
Bantam (9-10 yr old):	Born in 2002 or 2003
Midget (11-12 yr old):	Born in 2000 or 2001
Youth (13-14 yr old):	Born in 1998 or 1999
Intermediate (15-16 yr old):	Born in 1996 or 1997
Young Men/Women (17-19 yr old)	Born in 1993 through 1995

Track & Field Events

The following events will be contested at the meets. Note that not all events will be available at each meet. Athletes will be allowed to participate in up to 4 events at each meet. Unless otherwise noted, the events are open to all age groups.

<u>Sprints</u>	<u>Distance</u>	<u>Hurdles/Relays</u>	<u>Field Events</u>
100m	800m	80m Hurdles*	Long Jump
200m	1000m	100m Hurdles*	Triple Jump*
300m	1500m	110m Hurdles*	High Jump
400m	3000m*	200m Hurdles*	Discus*
600m	5000m*	400m Hurdles*	Javelin*
		4x100m Relay	Mini-Javelin
		4x400m Relay	

* Age restrictions may apply that limit an athlete's ability to participate in these events.

Track Meet Schedule - Tentative

DATE	RACE/EVENT	LOCATION	Notes
January 30, 2012	First Day of Practice	Riley Field, PTC	
February 11, 2012	Kedron Heart-to-Heart 5k	Kedron Elem, PTC	Separate Cost
February 18, 2012	Dual Meet vs. Fayette Bolt	Riley Field, PTC	Spring Track Season
March 3, 2012	Crystal League Meet #1	Westlake HS	Spring Track Season
March 10, 2012	SMART Bulldog Invitational	Huntsville, AL	Optional (limited)
March 17, 2012	Crystal League Meet #2	Westlake HS	Spring Track Season
March 24, 2012	Crabapple 5k Road Race	Crabapple Elem, PTC	Separate Cost
March 31, 2012	Yellow Jacket Invitational - Ga Tech Meet	Atlanta, GA	Practice & Watch Meet
April 7, 2012	Crystal League Meet #3	Westlake HS	Spring Track Season
April 14, 2012	Crystal League Meet #4	Westlake HS	Spring Track Season
April 21, 2012	Middle School Championship	Parkview HS	Optional (limited)
April 28, 2012	Crystal vs. CCYTL Championship	Westlake HS	Spring Track Season
May 12-13	Track Phi Track Invitational	Westlake HS	Optional (limited)
May 26-27	Memorial Weekend Challenge	Westlake HS	Optional (limited)

Track Meet Registration & Participation

Track Meet Registration:

Each athlete is allowed to compete in 4 events per meet. Athletes are encouraged to try different events early in the season and begin focusing on key events as the season progresses. The coaches will be available to help athletes decide on their events. Note that athletes on the Select Team will be required to participate in events within their area of focus.

Athletes will select and sign up for their chosen events at the Monday or Tuesday practice before each meet. There will be a sign-up sheet at practice with the names of each athlete on the roster and events available to contest. If you don't sign up in person at practice on Monday or Tuesday you will not be registered for the meet. If you are unable to attend practice on either Monday or Tuesday you are not eligible to compete in the next meet.

Track Meet Schedule:

Meets are scheduled to begin at 9:00 AM. The meet organizers try to provide a meet schedule on the Friday before the meet which we will send to all athletes via e-mail. Please note, however, that the schedule may not be finalized until the morning of the meet. In this case, we will not be able to provide an advanced copy of the schedule. If we are able to provide the schedule before Saturday, you should plan to arrive to the track at least 1½ hours before your race is scheduled to begin. If we do not receive a schedule plan to arrive by 8:30 AM on race day to ensure you're present to participate in your event.

At the Track Meet:

When you arrive at the track, go directly to the team headquarters and check in with the Flash "Parent Coordinator" handing out race numbers. Please affix your race number to your singlet as soon as received.

Coaches will be at the meet to warm-up the athletes as their events approach. Parents and athletes, however, are responsible for making sure they are ready to check-in when called. All parents and athletes need to listen to the announcer making "event calls" and know when their event is approaching. We will have a "team headquarters" at each meet which generally will be at the Flash tents located in the stands. The coaches will expect the athlete to be at this location prior to beginning warm-ups. Following the event warm-up session, a coach or parent coordinator will escort the athletes to the sign-in. Following sign-in, the athletes will follow the direction of the meet officials.

Other Notes:

Expect for athletes on the Select Team - Throws/Jumps, running events (especially relays) take priority over field events. If you're running on a relay team, remember that the other athletes on the team are counting on you to be available to race. Don't let your teammates down. When an athlete steps onto the track or field, the Flash singlet must be tucked into shorts (you don't want to end up on the "Bear Crawl List"). Check to see that shoelaces are double-knotted or use lace locks.

The coaches are at the meets to help prepare the athletes for their events. Due to these demands, the coaches will have extremely limited time to answer parent questions, set-up tents, hand out race numbers, etc. We will be looking for parents to help with these important roles. The "Parent Coordinators" will be instrumental to the athlete's experiences at each meet.

Track meets are long and delays are expected. There will be times when you see your athlete sitting at an event for more than an hour. Please understand that this is not unusual for a track meet. Feel free to mention any concerns to a "Parent Coordinator" but appreciate that there is likely very little we can do to expedite the meet. As a general rule, parents should never go out into the track & field area.

Frequently Asked Questions - Track and Field - 2011

Can the athlete pick different events to try?

Our goal is to help the kids get the most out of the program. We will be encouraging all of the athletes to try something different, both at practice and during the first few meets. We plan our season to let athletes try different distance races and then focus on their key events as we move closer to the League Championship. Note, however, that athletes on the Select Team will have less opportunity to try events not within their area of focus.

If I don't make the Select team on February 18th can I try-out later in the season?

The Select team will be assembled following the February 18th dual meet. After this meet, no athletes will be moved from the Core to Select team. It is important to note, however, the athletes on the Select team that fail to continuously demonstrate the maturity, leadership, and responsibility characteristics that are expected will forfeit their Select team membership.

What does the registration fee include?

The base registration fee is \$150 for each athlete. Registration fees for additional family members will be reduced by \$15 for each additional family member. This fee covers all track & field meets that Flash participates in during the spring track season (please note that road races are optional and are not included in the \$150 fee). Fees must be paid prior to participating in practice; however, the fees are refundable should the athlete decide to withdraw from the team during the first week of practice.

What are my volunteer obligations?

Any parent, regardless of prior experience, is more than welcome to volunteer to help during practice. The more parents involved, the more the kids will get out of the program. At the dual meet on February 18, 2012 we will need parent involvement similar to prior years. We will provide more information during the course of the season. At all of our other track meets we will need parent volunteers to hand out race numbers, set-up and break-down tents, and monitor the "snack table".

What form of communication is used by the club to reach parents/athletes?

We will send frequent e-mail communications including a weekly newsletter. The newsletter generally includes all the information that we are asked throughout the season. Please take a few minutes to read the newsletter. Additionally, the coaches try to arrive a few minutes before practice starts to talk with parents or athletes who have concerns. You're always free to e-mail any questions or concerns to running@ptcflash.com. We always try to respond within 24 hours.

What running gear does my child need?

Your child will need to have a pair of good athletic running shoes for practice and meets. Appropriate running attire should include warm ups, running shorts, and long- and short-sleeved shirts. Athletes can use running shoes including trainers or racing flats. A change for this year is that running spikes are allowed.

Where can I buy running shoes?

You can buy running shoes at any sporting goods store, like Dick's or The Sports Authority. Smith & Davis Clothing at 1552 Highway 54 West, Fayetteville, carries a good selection of running shoes. Also, *Phidippides*, located at 1544 Piedmont Road, Atlanta (ask for Kevin Graham), offers Flash athletes and coaches a 10% discount.

Where can I buy official PTC Flash Team gear?

This year we're trying something a little different. We've created a PTC Flash Team Store where you can purchase authorized Flash merchandise. The Flash Team Store can be found at <http://gtmteamstore.com/Rewrite.aspx?path=Ptcflashtack>.

Spring Track 2012 Athlete Registration Forms

ATHLETE INFORMATION

Athlete Full Name: _____ DOB: _____

Preferred Name: _____ Gender: _____

Home Address: _____

City of Residence: _____ County: _____

School: _____

E-mail Address: _____ Home Phone: _____

Mother's Name: _____ Phone: _____

Father's Name: _____ Phone: _____

Athlete's Physician: _____ Phone: _____

Physician's Address: _____

If an emergency arises and the parents cannot be reached, list two people who can be notified:

Contact #1: _____ Phone: _____

Contact #2: _____ Phone: _____

Does the athlete have any allergies? Yes: No: Please List _____

Is the athlete on any medication? Yes: No: Please List _____

Does the athlete have any previous background in running? Yes: No:

Please describe (including events times, if known): _____

Parent Signature _____ Date _____

Parental Consent for Treatment of Child

(Please sign in each of the three places and fill in the insurance information. This is NOT optional.)

Parental consent for the treatment of minors in the case of illness or accident. Parental permission must be obtained before medical treatment can be rendered to persons less than 18 years of age. The following consent form should be signed by the parent or guardian so that indicated care might be given with no unnecessary delay. No major procedures will be performed, except in extreme emergency, without parent being notified and fully informed. In the event that a parent does not want treatment rendered under any circumstance, the parent should cross out the word "give" on the form below and insert the word "refuse". If the form is not signed, it will be interpreted as a refusal of permission.

I give permission to the physician(s) at any physician's office, hospital, or clinic to carry out such emergency diagnostics and therapeutic procedures as may be necessary for my son/daughter and in the physician's absence for the nurse on duty to render emergency care in line with standing order.

<hr/>	
Parent/Legal Guardian	Date

Insurance Company: _____

Insurance Co. Phone #: _____

Insurance Company Address: _____

Group Number: _____

Member Number: _____

Policy Holder: _____

Hold Harmless Agreement

IN CONSIDERATION OF THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION ALLOWING

(HEREINAFTER "CHILD") TO PARTICIPATE AND COMPETE WITH THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION PROGRAM I INTEND TO BE LEGALLY BOUND FOR MYSELF AND I INTEND TO LEGALLY BIND "CHILD" BY EXECUTING THIS AGREEMENT. I HEREBY WAIVE OR GIVE UP ANY RIGHT I OR "CHILD" MAY HAVE TO FILE A SUIT AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION, ITS COACHES, PARENT VOLUNTEERS, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER PERSON, ORGANIZATION, OR ENTITY ASSISTING THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION IN ITS TRACK & FIELD OR CROSS COUNTRY PROGRAM (HEREINAFTER PEACHTREE CITY FLASH TRACK CLUB, ITS COACHES, PARENT VOLUNTEERS, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER PERSON, ORGANIZATIONS, OR ENTITY ASSISTING THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION COLLECTIVELY "PTC FLASH"). THIS AGREEMENT APPLIES TO ANY CIRCUMSTANCE INCLUDING BUT NOT LIMITED TO ANY WAY BY PARTICIPATING WITH, FOR, OR AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION OR ANY ORGANIZATION THAT IS AFFILIATED WITH INCLUDING THE STATE OF GEORGIA (OR ANY SUBSIDIARY), FAYETTE COUNTY, COBB COUNTY, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER ORGANIZATION, PERSON, OR ENTITY. THE PURPOSE OF THIS AGREEMENT IS TO ASSURE THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION THAT IN THE EVENT "CHILD" IS INJURED OR DAMAGED AS A RESULT OF HIS/HER PARTICIPATION WITH THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION, I AND/OR "CHILD" WILL NOT HOLD THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION RESPONSIBLE OR LIABLE AND I PROMISE ON BEHALF OF MYSELF AND "CHILD" THAT I AND/OR "CHILD" WILL NOT FILE SUIT AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION FOR ANY DAMAGES OR INJURIES TO "CHILD".

Parent/Legal Guardian

Date

Consent to Sign Track Meet/Road Race Entry Form

Parental consent is given to permit the coaches and/or the President of the Peachtree City Flash Youth Track Association to sign an entry form for entry of my son/daughter into any track & field or road race competitions to be contested by the Peachtree City Flash Youth Track team during the Spring 2012 season.

Parent/Legal Guardian

Date

Photo/Media Release Form

By signing below, I, _____, parent or legal guardian of _____ (minor child/athlete) understand and agree that The Peachtree City Flash Youth Track Association (the "Club") has my permission to take and use my child's track and field/club photographs, digital images, and video images for official Club purposes such as, but not limited to media press releases and the club newsletter.

Furthermore, I understand that by signing below I consent to the Club's right to publish photographs depicting the minor athlete/child named above engaged in field and track events of the Club, whether as an active participant or as an observer, on the official Club website found at the web address: <http://www.ptcflash.com>.

I have fully read and considered all of the terms and statements contained in this release before affixing my signature.

EXECUTED this ____ day of _____, 20__.

Parent or Legal Guardian Signature

Registration Fee Summary

Athlete Family Name: _____

(List all family members registering):

Athlete #1: _____

Athlete #3: _____

Athlete #2: _____

Athlete #4: _____

Item Description	Size	Unit Cost	Quantity	Total Cost
Base Registration Fee		\$150		\$
Multi-member Discount ¹		(\$15)		()
Uniform (shorts & singlet)		\$50		
Total				\$

For office use only:

Dues Paid: Amount: \$_____ Date Paid: _____ Check #: _____ Cash: _____

¹ Quantity should be 1 less than the quantity listed for Base Registration fee