

Season Training Mail In Form

Athlete Name: _____ DOB _____
 Address: _____ City _____ Zip _____
 Home Phone: (____) _____ Email: _____ @ _____
 Emergency/Family Contact: _____
 Cell or Home Phone (____) _____ Birthdate _____
 School: _____ Grade _____
 Family Email: _____ @ _____

Please indicate any athlete behavioral issues, medical conditions, medications we need to know about during training _____

Can you pick up an athlete for practice, competitions or other events? _____

All athletes are expected to attend as many practices as possible. Please note if there is a known conflict (list dates to be missed and reason): _____

Check below the sport or sports that you want to sign up for. If you sign up for more than one sport, you MUST choose a primary sport—that is the sport that you commit to training for possible state competition.

- | | | |
|--|------------------------------|--|
| <input type="checkbox"/> CC Running | <input type="checkbox"/> new | <input type="checkbox"/> returning |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> new | <input type="checkbox"/> returning |
| <input type="checkbox"/> Golf | <input type="checkbox"/> new | <input type="checkbox"/> returning (CURRENTLY FULL) |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> new | <input type="checkbox"/> returning |
| <input type="checkbox"/> Senior Soccer | <input type="checkbox"/> new | <input type="checkbox"/> returning |
| <input type="checkbox"/> YAP | <input type="checkbox"/> new | <input type="checkbox"/> returning |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> new | <input type="checkbox"/> returning (ONLINE & MAIL IN ONLY) |



All athletes MUST have a current medical form on file in order to participate in training or competition. Your medical form expiration date is listed on the address label of this issue of the Montgomery Relay. Medical Forms are valid for 3 years. Check to make sure you are up to date!

Mail to: SOMO PO BOX 1809 Rockville MD 20849

WE CAN NO LONGER ACCEPT PHONE-IN SIGN-UPS.

Complete all of the information online or mail-in the form above.

It is our goal to have all athletes use the online sign-up form as this gives us the most accurate and up-to-date record of contact information for our athletes and families. It also allows us to contact you with important sports training information more efficiently!

Want to Know More About What's Going On at SOMO?

Visit our website for all the latest news:
 On-Line sign up for all sports; give a gift to SOMO
 read the latest event schedules including last minute schedule changes.

SOMO Gift Envelope

How do you remember someone special in your life?
 An athlete - a coach - a friend

Purchase a \$25 Gift increments. Your contribution supports SOMO and we send an acknowledgement to that someone special on your behalf. Contact Lorrie White (lorriebw@verizon.net) for a gift envelope, or go online at www.somomontgomery.org - SOMO Store to make your donation by credit card. Your gift will make a difference in the lives of our Special Olympic athletes.