

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 |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> new | <input type="checkbox"/> returning |



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 infor-

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.

www.somdmontgomery.org

Mamma's Riders!



If you were in the stands at Johnny Unitas Stadium on Sunday, June 7th, you heard the rumble of the Mamma's Riders as they took a mid-day motorcycle ride to rally and cheer for our SOMO track and field team! Thank you to Mamma Lucia Restaurants, and to Joyce and Andrew Plaxen for the hard work in organizing the ride!