

Season Training Mail in Sign Up 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.

- Alpine Ski** new returning
- Cross Country Ski** new returning
- Snow Shoe Ski** new returning
- Seniors Basketball** new returning (3v3 or 5v5 circle one)
- High School Basketball** new returning
- Jrs Round Robin Basketball** new returning (Elementary & Intermediate)
- PASA – Athletes interested in participating in PASA Basketball must go online - download, print and mail in the PASA Registration form or YAP form to SOMO PO Box 1809 Rockville MD 20849**
- YAP– Young Athletes Program—Go online to sign up for the YAP program**



All athletes MUST have a current medical 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!

When to use this Sign-up form?



Do you have a computer? We want you to go on-line and register. Use this form only if you can't go online. NOTE: All registered

SOMO Athletes wishing to train in a sport or more than one sport MUST go online and sign up for a sport/sports OR if you do not have access to a computer, you can mail in this completed form. Mail to: SOMO PO BOX 1809 Rockville MD 20849



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

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

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!

Medical Forms

Call the HOTLINE (301) 924-6965 (press # and leave a message for Carol Halderman, Medical Director) if your medical form is about to expire and you have not received a new form or for medical questions you may have. Medicals forms are good for 3 years, but often your contact information or medical condition will change — please keep us up to date with address, phone, email and emergency contact information changes!