



The Grizzly Track Club is an organization focused on training and preparing high school athletes for upcoming sports. It is open to students from all schools. Members are responsible for joining USATF (cost is \$20) and for paying a \$50 membership fee per 10-week session (\$75 for hurdlers). They must also complete and return the Parental Permission: Health Authorization: Release Form. If you are already a 2018 USATF member, please just submit your prior e-mail confirmation.

Practices begin June 18, 2018 and continue until August 31, 2018. Practices are Monday, Wednesday & Friday each week and go from 3:30-4:45 for hurdle training and 5:00-6:00 for weight training. The deadline for joining is Friday, June 29, 2018.

For more information, please contact Coach Lillig at tracylillig@gmail.com

USATF Membership Info.

1. Go to <https://www.usatf.org/membership/application/>
2. Go to "New Membership" area
3. Fill out "Name" "Home Address" and "Personal Information" sections
4. Under "USATF Registered Club" type in 491 for club number
5. For "Sports Codes" check both track events and field events
6. In "Membership Categories" select Athlete
7. Click "Next" at the bottom to go to the verification page
8. Select "Checkout" to submit payment information
9. Write down your USATF member number for future reference

GTC checklist to turn in

- Copy of USATF membership confirmation e-mail with USATF number on it
- Parental Permission: Health Authorization: Release Form filled out
- Club Fee - \$75 for hurdlers/\$50 for weight training only
(checks made payable to Grizzly Track Club)