

Valley Striders

Post Season Cross Country Team

Requirements **before** Saturday's AAU District Qualifier Meet at Crescenta Park (La Crescenta)

1. Parents need to obtain athlete AAU Card at
www.aauathletics.org /index.asp?a=main/pg_membership.htm
Then click on Join Now in the athlete category section
Then complete the form. When you get to:
 "Program" – type in **Youth Program**
 Under "Membership Term/Category" select the **\$12. One-year membership**
 Under "Sport" select **Athletics (T&F, X-Country, Multi-Event)**
 Under "Club Name" select **Valley Striders**
 Under "Club Code" select **SPAT7X6KB0**
Complete the rest of the application form and **Print out 3 copies AAU Card**
2. Need three copies of birth certificates inside plastic sleeves
3. \$15 Cash for AAU District Qualifier Meet
4. **3 copies of AAU Membership Card** (see above)
5. Athlete needs to **wear white top** and running bottoms (any color)

Requirements **after** Saturday's Meet

\$31.25 Fee for the AAU National race fee (includes registration fee and certification)

\$20.00 Fee for the Valley Striders running top & bottom (same as last year's)

You can write one check to the above items. **Please note your child's name, club, and the size of the uniform needed on the regist. form attached with the check.**

Important PLANS

Depart LAX and to arrive Orlando, FL airport on Thursday December 3, 2009.

On Friday December 4, 2009 – walk the course at the Wide World Sports Complex and Pasta dinner at night.

Race day December 5, 2009 (morning & afternoon), afterwards lets have some fun.....

Depart Orlando, FL airport on December 7, 2009 and to arrive at LAX

Lastly, lets have some fun in Orlando, FL – parents help find some fun things to do.