

Tuesday, June 27, 2017

TEXAS EXPRESS TRACK CLUB

CHECKLIST

- Do you have a current year **membership** with USATF Track and Field? If not go to USATF.ORG and register with them and use our track club, Texas Express TC #13 and the Southwestern Association. Cost is \$20.00 per year. Please send us a copy of your confirmation email that you receive from them.
- Have you completed the **Emergency form** on our web site: texasexpresstrack.com? If not go to our site and click on the forms tab and submit this form to us.
- Are you connected to our **call out number**? If not send a text to 40404 and type this in the message: follow dallasvault Put a space after the word follow and type dallasvault one word, no space. Then send it and you will get a message that you are connected. This allows us to send messages to a group regarding weather etc.
- Have you submitted all of your email address that you wasn't to be connected to our **club mail outs**? Send them to us and ask to be added to our list.
- Have you registered with the mind body app to schedule your workout sessions? If not download the MINDBOBY app and register your athlete and use the zip code 75002. Reminder, please early cancel if you are not coming to the workout that you book.