

# TEXAS EXPRESS TRACK CLUB

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## CHECKLIST!

1. Have you completed the **EMERGENCY FORM** and **WAIVER** on our website?
  - <http://www.texasexpresstrack.com/forms.html>
2. Have you registered with the MINDBODY app to schedule your workout sessions?
  - Download the MINDBODY app and create an account for your athlete.
  - Search for Texas Express using the 75407 zip code. Add the club to your favorites. Sign the liability waiver.
  - Reminder, please cancel early if you are not coming to the workout that you book. If you do not cancel 5 hours prior to class time, you will be charged for the session.
3. Do you have a current year **membership** with USATF Track and Field?
  - Membership is \$25 and you can register at [USATF.ORG](http://USATF.ORG). Indicate our track club, Texas Express TC #13, and the Southwestern Association during the registration process.
4. Have you downloaded the Team App?
  - Download Team App in your app store. Search for Texas Express Pole Vault.
  - Create your profile, both for athletes and parents.
  - Be sure to have notifications on as this is how we will send out communication regarding practices, meets, weather issues, *etc.*