

TEXAS EXPRESS TRACK

Coaches Chad Andrews, Jen Fore, Jake Sauls, and Buzz Andrews

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CHECKLIST!

1. Texas Express Track Club is an Elite Pole Vault Club. We do allow beginners to participate in our workouts with the understanding that you must show us ability to pole vault. We will evaluate your **core strength, running ability, and overall athleticism** on your first couple of visits. If it is determined that you do not meet our minimum standards we will suggest you join our summer program to improve your athletic ability.
2. Have you completed the **EMERGENCY FORM** and **WAIVER** on our website?
 - <http://www.texasexpresstrack.weebly.com/forms.html>
3. Have you registered with the VAGARO app to schedule your workout sessions?
 - Download the VAGARO app and create an account for your athlete.
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 - Search for Texas Express using the 75407 zip code. Add the club to your favorites.
 - 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.
4. Do you have a current year **membership** with USATF Track and Field?
 - Membership is \$25 and you can register at USATF.ORG. Indicate our track club, Texas Express TC #13, and the Southwestern Association during the registration process.
5. 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.
 - Need more info: 214-448-8711