



2017 Parent Team – White Light

September 16 – November 20

\$250, plus HST. \$150 plus HST for LCA parents.

Even though this is a fun team, we ask that everyone participate with serious effort. We are not spry young chickens and we can get hurt easier. We need to stretch and practice to ensure safety. We will not do anything beyond our capacity however.

Registration is September 5th-7th from 5:30pm-8:30pm

Practices are once a week on Sundays from 6:30pm-7:25pm

Competition:

Cheer for the cure December 2nd or 3rd



Includes: a T-shirt, Choreography, music, competition fees and all practice sessions, but you will need:

1. To bring your own pair of indoor running shoes (any colour is fine) to each practice
2. Black track pants or leggings that you feel comfortable in (all black) for competition
3. Complete the adult waiver and submit with this form and payment at registration

Athlete Name _____ Age _____ D-O-B (MM/DD/YYYY) _____

If you are not currently a LCA parent, then please complete the portion below.

Phone _____ Email _____

Address _____ City _____ Postal _____

Parent Name, if under 18 _____ Email _____

PAYMENT INFORMATION:

Total Registration Fees _____

Method of Payment _____ Cheque # _____ Payment Date _____

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