



Let me win, but if I cannot win, let me be brave

2025 TRACK AND FIELD REGISTRATION

Practice location and time: All practices take place at Valley Middle School, 900 Gardenview Drive, Apple Valley, on Mondays and Thursdays, 6:15-7:30 p.m.

Practice schedule: Practices will begin in April; the exact start date is dependent on the weather. All registered athletes will be notified of the season start date by email.

Parent/caregiver meeting: Parents and caregivers are asked to attend an informational meeting at the start of the first practice.

Competition: Regional competition is Saturday, May 10, 2025 at Eastview High School in Apple Valley.

State competition will be June 20-22, 2025, at the University of Minnesota.

Note: This year, track, basketball, swimming, and gymnastics all have their state competitions on the same weekend. Athletes are only able to compete in one of the sports at the state competition. If the athlete is in basketball, they need to compete with the team sport. Athletes may practice with more than one sport and may compete in regional competitions for more than one sport if the regional competitions are on different dates.

Registration: The registration fee is \$35 per athlete. Please mail the registration form and payment (cash or check) to The RAVE, P.O. Box 122, Rosemount, MN 55068-9906. Checks should be made payable to The RAVE.

REGISTRATION FORM	
Please return this portion of the form with payment.	
Athlete Name: Athlete date of birth:	
Please complete the next section if the athlete is new or if contact information related to the athlete has	changed:
Primary contact phone: Primary contact email	
Primary address for mailed RAVE correspondence:	
Parent/Guardian/Staff/Group Home/Emergency Contact Information:	
☐ I acknowledge that RAVE requires a responsible person to be present during track and field practice.	
☐ I acknowledge that it is my responsibility to make sure the athlete's state paperwork is current <u>before</u> the	first practice.
I acknowledge that to compete at the state meet in June, the athlete must have competed at the regional meet in	n May.
Please note any essential information that you would like to share about the athlete – allergies, behavioral iss concerns. (This does not replace the SOMN form.)	sues, health

Head coach: Dan Zeller, ravetrackandfield@gmail.com **Track Manager:** Josh Beck, ravetrackandfield@gmail.com