



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 begin April 7.

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.

Late registration: If you have not yet registered, please email ravetrackandfield@gmail.com and ravehod@gmail.com to let us know you are planning to participate and bring the registration form and fee (cash or check payable to The RAVE) to the first practice.

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 before the first practice. | I acknowledge that to compete at the state meet in June, the athlete must have competed at the regional meet in May. Please note any essential information that you would like to share about the athlete – allergies, behavioral issues, health concerns. (This does not replace the SOMN form.)

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