

Bellmore PAL Track Team  
2017-2018 Winter Track

Indoor/Winter track begins on Tuesday, December 5<sup>th</sup> and ends March 15<sup>th</sup>

- Practices are Tuesdays, Thursdays & Saturdays
  - Tuesdays & Thursdays – 5:15 pm
    - Bellmore UMC Fellowship Hall
    - 2640 Royle Street, Bellmore (behind Applebees)
  - Saturday morning –
    - Mepham High School thru end of December – **9:00am**
    - Brookside Gym – January – March – **9:00am**
- Fees:
  - \$35 per month per athlete (if more than one athlete in family \$50)
    - This is a fee for the use of Fellowship Hall/ Brookside Gym
    - Due 1<sup>st</sup> of each month (December, January, February, March)
      - **check payable to: Bellmore PAL** and can be done in one lump sum or monthly
  - PAL registration fee – **check payable to: Bellmore PAL**
    - Indoor Track only - \$60 for 1<sup>st</sup> athlete, \$55 for 2<sup>nd</sup> athlete
  - USATF membership is required – **check payable to: USATF-LI**
    - (If you did Summer Track, you are already a USATF member
    - \$20 per year per athlete
    - Copy of the athlete's birth certificate for date of birth verification
- Meets are usually held on Sundays. There is a tentative schedule on the practice schedule.
- Completed forms and checks can be brought to the 1<sup>st</sup> day of practice or can be mailed to: Attn: Sheryl Hall  
c/o P.O. Box 9003  
Island Park, NY 11558

If you have any questions, you can contact Sheryl Hall at 516.432.8300 between the hours of 9:00 & 3:00