



2009 TEAM REGISTRATION FORM

IMPORTANT DATES

- **Registration deadline**—February 19, 2009
- **Mandatory captain’s meeting**—Sunday, February 22, 6pm at Rochester Athletic Club
- **Two mandatory weigh-ins** for all team members—Sunday, March 1, and final weigh-in May 20-22 (one of these days). **MUST** be at these weigh-ins to qualify for prizes
- **Chart team progress** at Sunday weigh-in dates: March 8, March 22, April 5, April 26, May 10. Team members who weigh-in will be entered for prizes!
- \$10 per person entry fee collected March 1. Cash or check payable to KTTC-TV. Entry fee goes toward a t-shirt and prizes
- Team agrees to allow KTTC and Signal Hill CW to use your likeness and materials for execution of contest on-air and on website
- **Individual release form** verifying age & health status must be signed at March 1 weigh-in
- **Winner is the team with the highest percentage of weight lost**
- **Wrap-up party**—Thursday, May 28 at the Rochester Athletic Club. Prizes awarded

Team Name: _____

Team Captain:	Email:
Day Phone #:	Night Phone #: T-Shirt Size L / 1X / 2X / 3X / 4X
Team Member #2:	Email:
Day Phone #:	Night Phone #: T-Shirt Size L / 1X / 2X / 3X / 4X
Team Member #3:	Email:
Day Phone #:	Night Phone #: T-Shirt Size L / 1X / 2X / 3X / 4X
Team Member #4:	Email:
Day Phone #:	Night Phone #: T-Shirt Size L / 1X / 2X / 3X / 4X