

Lynnwood CrossFit Myrmidons
Membership Application

Name: _____

Phone Number: _____ Other: _____

Address: _____

Email: _____

Competitive Interests:

- | | | | |
|-------------------------------|-----|----|-------|
| • Any and all (bring it on): | Yes | No | Maybe |
| • Powerlifting | Yes | No | Maybe |
| • Strongman | Yes | No | Maybe |
| • Olympic Weightlifting | Yes | No | Maybe |
| • Kettlebell | Yes | No | Maybe |
| • Highland Games | Yes | No | Maybe |
| • Rowing | Yes | No | Maybe |
| • Running (Dashes to 5k) | Yes | No | Maybe |
| • Cycling | Yes | No | Maybe |
| • Swimming | Yes | No | Maybe |
| • Track and Field | Yes | No | Maybe |
| • CrossFit Competitions | Yes | No | Maybe |
| • Sports (semi-pro or lesser) | Yes | No | Maybe |

Available for workouts outside of class times? Yes No

Executive Committee Position Desired? _____

Tell us about your previous experiences competing or why you'd like to start competing: