

# Information & Requirements: Team Beef Virginia



Thank you for your interest in being one of Team BEEF Virginia's athletes. Team BEEF Virginia is sponsored by the Virginia Beef Industry Council. Team BEEF members know the importance of incorporating lean beef into their active lifestyles and recognize the vital role this high-quality protein plays in their training. As each team member strives to reach his or her athletic and nutritional goals, the Virginia Beef Industry Council is here to cheer for them and support their progress.

Membership on the team is free. Our team is open to competing athletes of all abilities and skills. From novice to elite, as long as you enjoy the great taste of meaty ribs, juicy hamburgers, and a great steak, you can join Team BEEF. Team Beef coincides with the Virginia Beef Council fiscal year of October 1-September 30 of the next year. For example, FY18 is Oct. 1, 2017-Sept. 30, 2018.

## Requirements:

- Must eat beef
- Must be a resident of Virginia
- Must be 18 or older
- Must attend a Virginia Beef Industry Council orientation once per year
- Must compete in your sport at least twice per year

## Team Benefits:

- Join a team of supporters and cheerleaders!
- Team Members receive a high quality Team BEEF jersey
- You'll receive sports nutrition training, fitness tips and other helpful info
- You'll receive care packages throughout the year to keep you on track!

Team Beef Virginia is just getting started, so there may be some extra perks and changes coming soon! We'll send updates to our members via the Facebook Group.

Questions? Reach out to us at Team BEEF's Headquarters at Virginia Beef Industry Council.

Valerie Rasmussen is your Team Manager: 540-992-1992 during normal business hours or [valerie@vabeef.org](mailto:valerie@vabeef.org)



## Team Beef Virginia Application

Today's Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City/State Zip

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

What is your full-time occupation?

\_\_\_\_\_

Sport/Position: \_\_\_\_\_

How many events did you participate in last year? \_\_\_\_\_

Which ones? \_\_\_\_\_

How many events do you plan to compete in this year? \_\_\_\_\_

Which ones? \_\_\_\_\_

What role does beef play in your training regimen?

Why is becoming a member of Team Beef important to you?

(see reverse)



## Team Beef Virginia Application

Do you maintain a Facebook profile?  Yes  No

Do you maintain a Twitter handle?  Yes  No

Do you maintain a blog?  Yes  No

Do you maintain an Instagram Account?  Yes  No

Do you have experience with OR interest in participating in:

- Media Interviews
- Letter-to-editor submissions
- Guest blog post submissions

Would you be interested in having a featured bio and/or video on our Team Beef page?

- Yes
- No

Would you be willing to be photographed while participating with Team Beef?

- Yes
- No

What time is best for orientation?

- Weekday  Daytime
- Weekend  Evening

How did you find out about Team Beef Virginia?

### Waiver and Release

In consideration of my participation as a member of Team BEEF, including but not limited to any and all training and workout sessions, races, and all related social events and pre- and post-race activities for myself and my heirs, executors, successors and assigns, waive any and all rights, claims and causes of action I have or may have against the Virginia Beef Industry Council and its affiliates, directors, employees, representatives, successors and assigns of each of the foregoing that may arise as a result of my participation in Team BEEF. By signing below, I acknowledge that my participation as a member of Team BEEF involves rigorous physical activity and that it potentially may be hazardous. I attest and verify that I am physically fit. I expressly assume all known and unknown risks associated with being a member of Team BEEF, including but not limited to: loss of or damage to my property; injury (including death); accidents; the effects of weather; and terrain conditions that may vary widely, and that may include uneven and/or slippery surfaces, spectators, participants, and natural and man made obstacles (including without limitation, vehicles, security barriers, signs, cables, mats, and debris on the course). I hereby agree to indemnify all the aforementioned entities for all claims and losses (including attorney's fees and court costs), which may be brought against any one or more of them by anyone claiming to have been injured or otherwise to have suffered loss or damage as a result of my participation as a member of Team BEEF. I further grant full permission to any and all of the foregoing to store, use and/or reproduce my image or likeness by any audio and/or visual recording technique (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose, including commercial sales and marketing purposes. I have carefully read this document, fully understand it and by signing it consent to its terms.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Complete & Send Forms to: Team Beef – Virginia Beef Industry Council  
Email: [valerie@vabeef.org](mailto:valerie@vabeef.org) PO Box 9 Daleville, VA 24083