

# LADOC Provisional Membership Application

Please send your dues and this form to:

LADOC Secretary  
246 East Road  
Los Alamos, NM 87544

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Numbers

Home: \_\_\_\_\_

Work: \_\_\_\_\_

Cell: \_\_\_\_\_

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

\_\_\_\_\_ 1-year Provisional membership (single) \$30

\_\_\_\_\_ 1-year Provisional membership (family) \$50

Please see back for a summary of LADOC Membership policies

Contact the Secretary through [ladocregistrar@lanl.gov](mailto:ladocregistrar@lanl.gov) if you would like a copy of the LADOC Annual Report and a full list of the LADOC policies

Welcome to LADOC!

## Membership

### *Membership Benefits*

- Preregister for LADOC Classes
- Attend LADOC seminars, classes and functions
- Meet training partners/people with similar interests
- Receive assistance from more experienced trainers

### *Types of LADOC Members*

Provisional Members - Individuals join LADOC as provisional members during their first year, prior to being voted on for regular membership.

Regular Members - Regular members have been voted into the club, but have not been members for 20 or more years

Lifetime Members- Lifetime members are regular members that have been members of LADOC for 20 years or more. Lifetime members are not required to pay annual dues, but have all the privileges of regular members.

Building Use Members – Members may choose to qualify to use the LADOC building for personal training activities. The membership fee for building use members is \$300. Of that amount, \$270 will be waived if the building use member fulfills a service requirement as described below, and the entire amount is waived if the building use member is a lifetime member.

### *Annual Dues*

- Annual dues are \$30 for regular members, \$50 for family members, and \$300 for building use members per year
- Annual dues are past due on 31 March of each year
- Because provisional members pay their dues when they join, which may be at any time of the year, provisional members do not pay additional dues until they are voted in and accept regular membership. At that time, they pay prorated dues for the remainder of the calendar year.
- All LADOC members need to submit a membership renewal form each year or otherwise contact the Secretary, even if they do not owe dues

### *Who may use the building for personal training during a given calendar year?*

- All lifetime members
- Any regular/family member who certifies at the beginning of the year in their membership renewal form that they will meet one of the following requirements for building use: (1) Teach at least one class; (2) Assist at least one class; (3) Serve as officer or board member; (4) Serve as building manager, registrar, web master, or other LADOC service position of equivalent value as approved by the Board; (4) Pay the building use member fee of \$300
- Any provisional member after they have completed one of the above requirements for building use