

La Costa 35 Athletic Club

Invitation/Sign-ups to Attend CPR/AED Training

LC 35 AC is scheduling CPR/AED training for all of our members who would like to be trained. The training session will run approximately 3 hours and will be conducted at the Stagecoach Administration Building during weekday evenings. Participants will be trained in CPR as well as the use of the League's defibrillator device that is located in the kitchen between fields 2 and 3 at Stagecoach Park.

Training will cost \$30/person and LC 35 AC will pick-up half of the costs. Each individual who participates in the training will be required to pay \$15 prior to the training.

We are limited to 20 members per training session and will therefore need to schedule numerous training sessions to accommodate all who want to be trained.

We would like the **first training session** to be conducted sometime in **late February** or **early March, 2009** and would like to open the first training session to league Officers, Commissioners, Managers and Quarterbacks.

A sign-up sheet will be posted at Stagecoach so we can get a handle on how many of us want to participate in the CPE/AED training.