

## **Ambler Olympic Club Summer Track Information**

**SUMMER COMPETITION PRACTICE SCHEDULE:** Summer practice is held at the Larry Wilson Track on the Gwynedd Mercy High School campus. Practice days are Monday, Tuesday, Wednesday, and Thursday, 6:00–7:30pm. First Practice is May 24th. Summer practices will include instruction and training for all AAU Track and Field events. Training programs will be more structured with drills beginning on the track promptly at 6:00pm. The practices can go longer than 7:30 when school is out.

### **GENERAL INFORMATION:**

- Practices are not mandatory, but to get the maximum benefit from the program, your athlete needs to be at most of the practices.
- Pricing is \$195.00 for one athlete and \$60 for each additional athlete, if you sign them up at the same time.
- Uniforms are \$65.00 each and are required for the track meets
- AAU membership is separate and is \$14 per athlete.  
<https://play.aausports.org/joinaa/multimembershipapplication.aspx>
- Registration is online only. [www.ambleroc.org](http://www.ambleroc.org)

**Communication:** Internal Communication is handled through TeamSnap. TeamSnap has an app or you can access online through your computer. The entire practice schedule and meet schedule is posted on TeamSnap. Once an athlete is registered, they will be given access to TeamSnap.

**INCLEMENT WEATHER:** A communication about practice will occur with TeamSnap. Parents are usually notified of a cancellation due to weather no less than 1 hour before practice begins.

**MEET Signup:** The meet schedule is below. They are not mandatory but if you sign up for the meet then we expect you to participate in the meet. Meet signup is managed through a google forms signup that will be sent to the parents prior to each meet. Please note the deadline for signup in the form.

### Major AAU Track meets are shown below:

AAU Mid Atlantic Association Championship June 17-19, 2022..... Millersville University, Millersville, PA

AAU Region 2 JO Championship July 1-3, 2022..... Widener University, Chester, PA

AAU National JO Championship July 30 -August 6, 2022 .....North Carolina A&T University, Greensboro, NC

AOC may also add additional meets to the schedule. The AAU Mid Atlantic and Region 2 meets registration is included in the fee. The other meets are additional cost.

**SUPERVISION OF YOUNGER ATHLETES:** Parents of children ages 9 and under should attend all practices and meets for child safety reasons.

**WATER:** Every athlete should bring an ample supply of drinking water with them to all practices and meets even on cool days. Drinking water is not provided by AOC – running water is not available onsite at the track.

PRACTICE ATTIRE: Athletes should wear comfortable, non-restrictive clothing to practice. The following attire is recommended/required for practice based upon weather conditions:

- Shorts, tee shirts
- Sneakers specifically designed for running and in good condition should be used to prevent injury
- Sweat pants are required for warmups & drills at every practice, regardless of temperature! Sweat shirts are strongly recommended to keep athletes warm after practice or in case of sudden weather changes.
- Running spikes – are not needed for practice
- No headphones or inappropriate clothing may be worn at practice

CODE OF CONDUCT: Athletes are expected to be attentive and cooperative. Disruptive behavior, foul or abusive language, or inappropriate contact between athletes will not be permitted.

-----