

2022 OLYMPUS TRACK CLUB: TEAM INFO

Our training philosophy is built with the end in mind. We develop the training regimen for athletes to peak at specific times throughout the season. There will be phases consisting of **Build, Explosive, Speed**. All for the purposes of developing stellar sprint mechanics throughout the season. The other aspect to Olympus philosophy is to develop the athlete's inner competitor. We believe there is more internally than externally.

CLUB FEE: \$325

- March 22nd - \$150/per athlete deposit required (no practicing)
- April 11th - Remaining balance
 - *Charlie Bills will send invoices from Teamsnap or take checks/cash*

Olympus pays for uniform and track meet entry fees for the entire season. Type of club: Sprint Club (we have expanded to Jumps & Middle/Long Distance)

- Ages: 8-18 (and a few focused 6 year olds)

If you have 2 or more athletes...we have a break for you.

- \$303 for 2nd athlete (In person: \$293)
- \$286 for 3rd athlete (In person: \$276)
- \$286 for 4th athlete (In person: \$276)

PRACTICE TIME:

MARCH: 2 TIMES A WEEK	APRIL: 4 TIMES A WEEK	MAY-JULY: 3 TIMES A WEEK
Tuesday and Thursday 6:30pm – 7:45pm	Monday, Tuesday, Thursday, Friday 6:30 pm – 7:45 pm	Tuesday, Thursday, Friday 6:30 pm – 8:00 pm
TheVille (Indoor)	TheVille (Indoor) / Southwest HS	Southwest High School

TRAINING GEAR:

Each athlete should have:

- Spikes, Running shoes (Bring spikes daily. No excuses. No Yeezi or Air Jordan)
- Workout shorts or compression tights
- Warm-ups *

2022 TRACK MEET SCHEDULE

Saturday, April 23 - Cornhusker Flyers Track Club Invitational
Millard West HS – Omaha, Nebraska

Saturday, April 30 - Peak Performance Track Club Invitational
Bryan High School – Omaha, Nebraska

Saturday, May 7 - Wings of Omaha Track Club Invitational
Northwest High School – Omaha, Nebraska

Saturday, May 14 - West Omaha Track Club Invitational
Millard South High School – Omaha, Nebraska

Sunday, May 22

❖ Undecided / Possible Open Week (Holidays & State Meet)

Saturday, May 28 - Apollo Track Club Invitational
North High School – Omaha, Nebraska

Saturday, June 4 - USATF Nebraska Youth Athletic Championships
Benson High School – Omaha, Nebraska

Saturday, June 11 - North Omaha Bengals Track Club Invitational
Location - Northwest High School

*** STATE MEET** (Determines Advance to Regionals)

Friday, June 15 and Saturday, June 18 - USATF Nebraska Junior Olympic Championships - Location TBA (Meet Held in Nebraska)

*** REGIONAL MEET** (Determines Advance to Nationals)

Thursday, July 7 - Saturday, July 10 - USATF Regional Championships - Location = Iowa

*** JUNIOR OLYMPICS MEET**

Friday, July 25 - 31 National Junior Olympic Championships – Sacramento, CA

***** AAU JUNIOR OLYMPICS MEETS ***** (Would need to get \$16 membership fee)

Saturday, June 23 - 26 Regionals Championships - Des Moines Iowa

Friday, August 1 - 6 National Junior Olympic Championships – Greensboro, NC 27405

***** Athletes compete in same age groups*****

CARDINAL RULE

Olympus Track Club is dedicated to providing an environment that supports the athletes personal and physical development. We aim to develop the best competitors in the midwest. With that we are serious about competition. We do not have many rules. However, there is one rule we consider to be a commitment that we **do not break**.

In order to carry out the philosophy of developing mentally strong competitors we (**Olympus Track Club** and **Parents**) have to be on the same page. This means we have to have an agreement among the coaches, parents, and athletes. We are a team. The **Cardinal Rule** continues to push this ideal way of developing athletes into responsible individuals.

The Cardinal Rule,

*The rule states that an athlete who is entered into a track meet, cannot pull himself/herself out of an event without first talking with one or more of the coaches. If they do not follow this rule it is IMMEDIATE removal from the team. The removal process is instant. If the athlete decides their circumstances were misunderstood they have the option to confront the coaching staff with his/her explanation. The coaching staff will then let the athlete give him/her explanation to the team. The team will then deliberate after hearing all the athlete has to say and vote according to whether they want the athlete to have a second chance to be reinstated on the team. If the team vote is to expel the athlete from the team the athlete is removed without refund of fees. If the team vote accepts the athlete to be reinstated, all offenses are forgiven. **We then carry on as a team with the understanding there will be no second offenses by the same athlete in the same season.***

Check one:

- ☐ I have read the "Cardinal Rule" and I will accept it.
- ☐ I have read the "Cardinal Rule" and I will not accept it.

Athlete(s)

(Name of the athlete) **Date:** _____

(Name of the athlete) **Date:** _____

(Name of the athlete) **Date:** _____

Parent Name:

(Parent/Guardian Signature) **Date:** _____

PARENT EXPECTATION AGREEMENT

Olympus Track Club is the first elite track club in Lincoln Nebraska. We aim to develop the best competitors in the midwest. With that we are focused on the development of the athletes mind as we believe that is where it all starts. Our philosophy is the mind first the body will follow.

In order to carry out the philosophy of developing mentally strong competitors we (**Olympus Track Club** and **Parents**) have to be on the same page. This means we have to have an agreement among the coaches, parents, and athletes. And that agreement is as stated:

The Agreement,

I will ensure that I will not interfere with the development of the athlete. Giving them the best possible environment to reach and be challenged every single day is the position I accept. I recognize that all athletes are unique and are at different stages of their development and will respond differently to coaching styles. Yet I will not intervene. I will support and encourage the athlete in the best way possible as it gives them a chance to self advocate, build confidence, and declare ownership in their own behaviors. Thus, developing self-worth and the ability to become their own resource to achieving and reaching for whatever success they desire.

Parent Decision

- ☐ I have read the "Parent Expectation Agreement" and I will accept it.
- ☐ I have read the "Parent Expectation Agreement" and I will not accept it.

Parent Name:

(Parent/Guardian Signature) **Date:** _____

Athlete(s)

(Name of the athlete) **Date:** _____

(Name of the athlete) **Date:** _____

(Name of the athlete) **Date:** _____

2022 TEAM RULES & ATHLETE AGREEMENT

Every day we all have a chance to get better. To reach for something greater. Achieve more than we achieved the day before. And that's no different with Olympus Track Club. We aspire to develop into the greatest competitors we can possibly be. Obtaining a medal is less important than reaching a personal best every day.

TEAM RULES:

COMMITMENT:

Make the decision to give your best now. Not after you have some success.

TRUST:

Do what you say you are going to do. Nothing less. There is no team without trust.

RESPECT:

Treat your teammates as you would like to be treated. Respect the challenger.

BELIEVE:

Know that you will improve. Anticipate there will be rough days ahead.

EFFORT:

It is the only thing you can control.

COMPETE:

Never ever let your greatest competitor beat you. Your greatest competitor is **YOURSELF!**

** When all else seems to not work. Start back at COMMITMENT.*

SPIRIT OF A COMPETITOR

A competitor realizes two key things that non competitors do not.

1. He/she is his/her greatest opponent.
2. He/she never quit on themselves or their team.

Everyone else in the race is there to hold you accountable.

OLYMPUS TRACK CLUB



We believe in the philosophy that:

- ★ You look great...
- ★ You feel great...
- ★ You feel great...
- ★ You perform...Great!

Stay True to Form and Carry The Torch!