

2025 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. We are a competitive track club. **Everyone does not make the team.**

March 18th (Tuesday) is the first day of practice!

CLUB FEE: \$385 (\$310 High School Athletes)

- **March 1st** - Full fee or \$200 deposit/per athlete deposit required
- **March 18th** - Remaining balance due (or no practicing)

PAY FEES HERE: <https://olympustrackclub.com>

SWAG PACK: \$135 (not required)

- MUST BE ORDERED BY MARCH 24th
- Extras - Uniform additions (at Cost)

AGES:

- Ages: 8-18 (and a few focused 6/7 year olds)

PRACTICE TIME:

MARCH: 2 TIMES A WEEK	APRIL: 4 TIMES A WEEK	MAY-JULY: 3 TIMES A WEEK
Tuesday and Thursday 6:15pm – 7:30pm	Monday, Tuesday, Thursday, Friday 6:15 pm – 7:30 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 *

2025 TRACK MEET SCHEDULE

SPRING/SUMMER MEETS

**** Will notify team as official meet schedule becomes available**

May 31, 2025 – USATF Nebraska Association Championships (Doane University)

QUALIFYING MEETS

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

June 2-8, 2025 – USATF Nebraska AssoC Junior Olympic Championships (Gretna HS)

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

July 10-13, 2025 – USATF Region 8 Junior Olympic Championships (Iowa State)

*** JUNIOR OLYMPICS MEET**

July 21-27, 2025 – USATF National Junior Olympic Championships (North Carolina A&T)

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:

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

Athlete(s)

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

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

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

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)

_____ Date: _____
(Name of the athlete)

_____ Date: _____
(Name of the athlete)

_____ Date: _____
(Name of the athlete)

Parent Name:

_____ Date: _____
(Parent/Guardian Signature)

2024 OLYMPUS TRACK CLUB TEAM AWARDS

<https://www.athletic.net/TrackAndField/meet/556492/results/all>

Torch Award:

- Justin "JP" Fulton (2019) - 200m // Sacramento California
- Daniel Romary (2021) - 1500m // Jacksonville, Florida
- Xavier Adams (2023) - 80m Hurdles // Eugene Oregon @ Hayward Field *

Stay True Award:

- Justin "JP" Fulton (2019) (2021)
- Jordan Anderson (2019) (2021)
- Justin Anderson (2019) (2021)
- Landon Fye (2019) (2021)
- Daniel Romary (2019) (2021) Dbl All-American (**Committed to Iowa State**)
- Malachi Coleman (2021) - Triple All-American (**First ever! Neb>Minnesota**)
- Adren Jackson (2023) - Bronze Medalist / 80m hurdles *
- Xavier Adams (2023) - Gold Medalist / 80m hurdles *
- Bobby "Ice" Ideus - All-American / 80m hurdles
- Alonna Depalma (2023) - Dbl All-American (400m/1600m relays)
- Nonic Oelling (2023) - Dbl All-American (400m/1600m relays) (**Marquette**)
- Kerstyn Chapek (2023) - Dbl All-American (400m/1600m relays)

Carry The Torch Award: Relay Teams

- 13-14 Boys 4x100 (2021)
- 9-10 Girls 4x100 (2021)
- 9-10 Boys 4x100 (2021)
- 11-12 Girls 4x100 (2023) 8th place - All-American
- 15-16 Ladies 4x100 (2023) 8th place - All-American - 47.17 *
- 15-16 Ladies 4x400 (2023) 8th place - All-American
- 15-16 Men 4x400 (2023) 8th place - All-American

#Stay True To Form: Carry The Torch

* Record Holder

2024 OLYMPUS TRACK CLUB TEAM AWARDS

<https://www.athletic.net/TrackAndField/meet/556492/results/all>

Regional Champions:

INDIVIDUAL - Jordan Reuting (100/800DQ), Baylie Chapek (100), Kyler Kirkland (80m hurdles), Xavier Adams (100 hurdles), Adren Jackson (200m hurdles), Hailee Mapson (400), Thayedi Harvey (100/400), Addy Fern (Hammer) Kerstyn Chapek (400) - 9 Total

RELAYS - 9-10 Girls 4x400 (Gade, Moore, Zimmerman, Wheeler) 11-12 Girls 4x100 (Sutton, Moore, Union, Chapek) 11-12 Girls 4x400 (Sutton, Moore, Union, Miller) 13-14 Boys 4x100 (Jackson, Harvey, Schwensen, Birch) 13-14 Boys 4x400 (Bartholow, Adams, Schwensen, Harvey) 17-18 Boys 4x100 (Watson, Findley, Mowitz, Fye) 17-18 Boys 4x400 (Hawley, Findley, Iniquez, Correa) 17-18 Ladies 4x100 (Chapek, Wemhoff, Oelling, DePalma) & 4x400 (Chapek, Jones, Oelling, Depalma) - 9 Total

Honorable Mentions: To the many hard fought races and new personal records (PR) from the entire team.

Torch Award:

The Torch Award is held by the athlete who has shown outstanding courage, passion, persistence, and perseverance in pursuit of their personal best at the highest level and the grandest stage. The recipient who holds this trophy is considered the best in their class. A national champion. A Gold Medalist.

Stay True Award:

This award is earned by those who have shown the values in which we live by. Hard work, dedication, and the ability to stay true to form on the national stage. Each of the recipients are Top 3 finishers at Junior Olympics, Double All-Americans and Junior Olympic Medalist. Usually supported by Regional Championship honors.

#Stay True To Form: Carry The Torch

* Record Holder

2024 OLYMPUS TRACK CLUB TEAM AWARDS

<https://www.athletic.net/TrackAndField/meet/556492/results/all>

Carry The Torch Award:

This award is earned by teamwork. Each person in a relay is doing their individual job to get the baton around the track. The relay baton symbolizes trust. And that's what makes life great. Discovering a team you can trust will benefit you on the track, any sport, and ultimately life. This award is given to the top 8 finishers at the Junior Olympic level.

Recognition of Achievement:

This award recognizes the athletes who have committed to finishing the season and giving "their best efforts" to reach their greatest potential every day.

This is not a participation award. It's a recognition of achievement.

--- You all have to accept challenges, give complete effort, display courage, and continuous improvement.

--- **Achievement:** a thing done successfully, typically by effort, courage, or skill. It's an intentional effort toward a goal. **We don't just participate, we achieve.**

2025 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 than 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.

** 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 greatest opponent.
2. He/she never quit on themselves or their team.

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