

LEGION OF ZOOM INDOOR 2026-2027

Registration:

Opens: September 21st

Closes: November 21st

Full Registration - \$300

Practice/Meets/Strength Training - \$400 (6 1hr strength training sessions throughout the season; \$30 per session for additional sessions)

\$100 Deposit due at registration

Remaining fees due November 30th

Roles:

Director

Bernard Comer

Head Coach

Kelsey Cotman

Assistant Head Coach

Ricardo Dunbar

Admin

Brandi Freeman

Dionna Coleman

Dominique Robertson

Megan Price

Dyamond McClary

Media

Quita Coleman

Coaches

Quintin Terrell

Derrick Blount

Jae McIver

Stan Appleby

Judy Hackett

Charlie Williams**

Informational Meeting: Oct. 1st 6-7 @Salem Church Middle School

Practice Schedule: First Day Oct. 5th

October - Monday & Thursday

November - Monday, Tuesday, & Thursday

- MUST be 1 ADMIN member at each practice
- Closed practices (emphasize to parents timely arrival)
- Athletes without asthma pumps or proper attire will **not** be allowed to practice
- Emergency contact details will be sent to entire staff

Training Options:

- There will not be a training only option this season.
- Those looking for just training reach out to Coach Cotman for more information

STUDENT-ATHLETES:

- 1st report card request
- Grades must be maintained in order to stay fully involved
- If athletes have incomplete homework, they need to bring it to practice to finish prior to beginning practice

Team Morale:

- Staff meeting **10/11** to go over first week check in
- 1x month team bonding practice but still focusing on sport technique

Athlete Contracts:

- Consisting of:
 - Athlete behavioral expectations & commitments
 - Grade expectations

Parent Issues:

- 1st point of contact should be Admin (only involve Coach Cotman & Cardo if ABSOLUTELY necessary)
- Repeated conduct issues will result in removal from the Team at Parents expense
- Make sure to emphasize necessary communication will be in TeamReach for parents
- Inform parents there will be an athlete teamreach as well and they add them

Communication:

- Create indoor communication
- Ensure that we are posting weekly messages
- Responding to all messages in a timely matter (whether via TeamReach, email, or text)
- Ensure athletes with devices join the Athletes chat

Athletes Gear:

- 1st Order **10/30** & 2nd Order **11/30**
- Unified look at meets
- Package 1 Option (**\$185**) - uniform, warm-up, long sleeve warm-up shirt, arm band, backpack
- Package 2 Option (**\$210**) - 2 uniforms, warm-up, long sleeve warm-up shirt, backpack
- A la Carte options for returning athletes only that require size adjustments

Staff Gear:

- Unified look at meets
- Grey Sweatsuits, Polo & Beanie from Coach Cotman
- Backpack for those who don't have it from Coach Cotman
- Team Shop for exclusive staff gear only will be sent out for additional purchases
- Uniform guy also has some exclusive gear that can be purchased as well

Picture Day:

- Projected date **1/13**
- Backup date **1/20**
- Athletes wear main uniform
- Staff wear team polo
- ALL STAFF MUST BE IN TEAM PHOTO

Fundraisers:

- DoubleGood x 2 (12/1-5 & 2/5-8)
- Incentives (BSN merch)
- Opt Out Fee **\$150** per athlete

Staff Expectations:

- Ensuring we are communicating effectively in our respective groupchats
- Be present & active at a minimum of one practice per week
- Be visible to help athletes & parents at meets

Meet Expectations:

- TeamShop open to encourage parents to support
- Support ALL ATHLETES competing for LOZ
- Allow Coaches to coach the meets
- Concerns shouldn't be brought to staff until 24 hours after the meet

Travel Accommodations:

- Room block for New York meet (February 15)
- Room block for indoor nationals (March 5-7 Doubletree)

Meets:

- Everyone will have set roles on ways to help out
- Must be at least 4 coaches at each meet (if travel meet at least 3 coaches)

Tentative Schedule that is subject to change

1. 12/6 - Virginia Beast (VA BEACH)
2. 12/20 - Howard White (BOO WILLIAMS) or *Armory Youth Solstice (NEW YORK)
3. 1/3 - DMV Sprintfest (VIRGINIA BEACH)
4. 1/10 - Lightning Winter Classic (VIRGINIA BEACH) or *Blue Ridge Mountain (NORTH CAROLINA)
5. 1/24 - VA Beach Flames Invite (VA BEACH)
6. 2/6 - AAU Primary Indoor Nationals (BOO WILLIAMS) **AGES 8U ONLY**
7. 2/15 - Armory Youth Winter Invite (NEW YORK)
8. 2/21 - HRH Winter Storm Invite (BOO WILLIAMS)
9. 3/5,6,7 - AAU Nationals (VIRGINIA BEACH)
10. *SHOE NATIONALS (Nike, New Balance, Adidas for those in Middle & High School)

potential chance of going