



Legion of Zoom Track Club

Indoor Season 2025

www.legionofzoom.org

Practice Site: Salem Church Middle School (Cafeteria), 9700 Salem Church Rd, Richmond, VA 23237

Practice Time: **6-8PM**. Practice days are outlined below based on age and skill level.

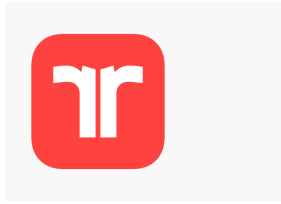
- **Monday: 10&U NEW ATHLETES**
- **Monday: Throwers & Jumpers Practice**
- **Tuesday: LOZ RETURNING ATHLETES**
- **Thursday: All Athletes**

Registration Fees

\$100 Non-Refundable Deposit is due upon registration.

1. **Full Track Registration Fee:** \$275 (Full Track Registration includes USATF or AAU Track and Field Membership card, Insurance, Equipment cost, athletes entry for scheduled track meet, and Coaching/Instruction)
Discount: \$25 off for each additional athlete registered.
2. **Training Only Registration Fee:** \$175 (No Track Meets)
3. **Practice/Meets/Strength Training:** \$400 (10 1hr strength training sessions throughout the season; \$25 per session for additional sessions)
4. **Uniforms:**
\$170: One Uniform Package: 1 Uniform(unisex), Backpack, Warm-Up Shirt, Arm Band, Jacket, Pants
\$190: Two Uniform Package: 1 Uniform(Boy or Girl), 1 Uniform (unisex), Backpack, Warm-Up Shirt, Jacket, Pants

Team App: Please download TeamReach. This app is for all communication for the season. Only parents and guardians will be allowed entry into the app.



LOZ Indoor 2026
Code: ZOOM2026

Team Schedule

The Schedule is subject to change! The Team will be notified of any changes prior.

Track Meets with an asterisk (*), are for select athletes whose times meet requirements.

Date	Event/Track Meet	Location
December 20th	Howard White Invitational	Boo Williams, Hampton VA
January 3rd	Kings & Queens Series Meet 1	Boo Williams, Hampton VA
January 18th	VA Showcase	Virginia Beach Sports Center, VA Beach
January 25th	VA Beach Flames Invitational	Virginia Beach Sports Center, VA Beach
February 1st	757 Invitational	Virginia Beach Sports Center, VA Beach
February 8th	East Coast Invitational	Virginia Beach Sports Center, VA Beach
March 6-8th	AAU Indoor Championship	Virginia Beach Sports Center, VA Beach