



Legion of Zoom Track and Field: ***Indoor Season 2023- 2024***

All Registration, medical release forms and waivers are on our website.

www.legionofzoom.org

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

Practice Time: Tuesday and Thursday 6:00pm – 8:00pm

Registration Fees- All membership fees are non-refundable

- Track Registration Fee: \$250 for the Team and Track Meets (AAU & USATF cards)
- Training Only: \$200 (No Track Meets)
 - **Deposit- \$100 upon registration (Nonrefundable)**
 - **Half of Balance due by Dec 14th (Amount AFTER Deposit)**
 - **Remaining Balance due by Feb 1st (Amount AFTER Deposit and half balance payment)**

Track Registration Amount Covers:

- ★ USATF or AAU Track and Field Membership card
- ★ Insurance
- ★ Equipment cost
- ★ Track meet fees
- ★ Coaching/Instruction

Uniforms: \$180

- Includes: 1 Uniform, Warmup Suit, Warmup Shirt, and Backpack

Contact Information:

Coach Tyrone Redd: (804) 712-8008

Coach Bernard Comer: (804) 267- 9385

Megan Price: (443) 379-2573 (Registration and Payment Questions)

Team Email: legionofzoom2015@gmail.com

Team Schedule

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

Date	Event/Track Meets	Location
11/21	Uniform Orders Due	Salem Church Middle School
11/28	Parents Team Meeting (Mandatory for all New Parents)	Salem Church Middle School
12/17	The 2023 Grant Holloway AAU Invitational	Virginia Beach Sports Center, Virginia Beach VA
12/23	East End Lightening	Boo Williams, Hampton VA
1/14	VA Showcase	Virginia Beach Sports Center, Virginia Beach VA
1/14	Clemson High School Invitational	Clemson University Clemson SC
1/20	East End Lightening	Boo Williams, Hampton VA
1/28	Track 757 Invitational	Virginia Beach Sports Center, Virginia Beach VA
2/24	LEGACYs INDOOR TRACK SHOWCASE	Prince George Sportsplex Landover MD
3/1- 3/3	AAU Indoor National Championship	Virginia Beach Sports Center, Virginia Beach VA