TEAM VAULT ASSAULT
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THE NEXT GENERATION OF ATHLETES

TEAM VA ATHLETE'S PACKET

(Published 10/20/2019)

About Team VA

Training for Greatness

Feel like you're being left out? Some clubs boast over members and attendees over 100+ members. Other clubs have a philosophy of performance by numbers. With such a large number of athletes, some athletes will naturally excel, but many will be left behind.

While you don't get the attention you deserve in other places, you do and will with Team VA.

We don't "cherry-pick" with our athletes. Our commitment is on a first come, first serve basis.

LoJo's Team Vault Assault is a track and field team based in the greater Philadelphia area and led by the one of the top American vaulters over the past 50 years. Team VA's Head Coach Lawrence "LoJo" Johnson is a two-time Olympian, Olympic silver medalist, world champion, former US Indoor and Outdoor American record holder. LoJo held the NCAA record for over 20 years.

Since Team VA's inauguration in 2008, VA has consistently coached, mentored, and supported athletes to improved technique, consistent, and higher performances. Team VA has produced an NCAA national champion, numerous HS National's finalists, over 20 state champions or runner-up's, numerous school records, and helped more than 80% of our athletes to earn athletic scholarships to premier NCAA collegiate institutions.

Serving athletes of all ages, levels, and abilities on a first come, first serve basis, Team VA's team/club differs from other clubs and teams by utilizing the services that maintains several fundamental focus points to ensure the best results.

In the summer of 2015, Team VA expanded to include sprints (60m thru 800m), jumps (PV, LJ, HJ), hurdles (100m thru 400m) and throws to the ranks of the Vault Assault pole vault squad. After moving to PA after the close of the 2015 season, Team VA continues to expand into additional track and field disciplines.

Team VA training is all year-round athletic development training program. We compete in track and field meets during all seasons.

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Our Mission

DREAM HIGH, TRAIN HARD.

Team VA Club encourages life-long physical well-being through running and athletic development.

The Team VA mission is to positively influence and support athletic development and performance in youth, emerging elite, and world class athletes, specializing in track and field with unique expertise in the pole vault; to improve pole vault, track and field performance and consistency; to improve pole vault safety and awareness; and to promote the discipline of pole vault and the sport of track and field.

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Our Vision

We are the Next Generation of Athletes.

Non-Profit

We are a non-profit 501(c)3 organization and tries to spend your money wisely. Your dues and donations are spent in several ways. Among them are operational costs, i.e. management staff, coaching staff, AAU, USATF, dues, phone, postage, publicity, newsletter and printing costs. Additional money goes to our Youth Athletics Program, athletic development equipment, awards, social functions, sanctioning, certification, travel, and insurance.

Our Non-Profit Profile on GuideStar
Our Non-Profit Profile on PayPal Giving Fund

General Information

Team Abbreviation: Team VA
Gender: Coed
Year Established: 2008

Team Type: Club
Age Range: 7 - 80
Team VA has Nationally-Ranked Athletes

Affiliations

Team VA is a registered USATF and AAU Traveling Competing Club. Our athletes compete in a number of events in track and field, not just the pole vault. All athletes must maintain an active affiliation membership with both AAU and USATF.

Mid-Atlantic USATF - Club Number – 08-1146
Mid-Atlantic AAU - Club Number - WYB453

New Jersey USATF - Club Number – 07-1135
New Jersey AAU - Club Number – WY85A7

New York USATF – Club Number – 06-1361
New York AAU – Club Number - WY3486

Potomac Valley USATF – Club Number - 10-1260

VA USATF - Club Number – 12-8012
VA AAU – Club Number – WW9FD9
SC USATF - Club Number - 55-286

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Cost/Fees: Open Sessions

$45/Per Session Per Athlete - Sprinters/Mid-Distance/Hurdlers/Jumpers Open Session
$65/Per Session Per Athlete - Pole Vault Open Session

Cost/Fees: Monthly Memberships

$400/Month Per Athlete - Pole Vaulters/Heptathletes/Pentathletes/Decathletes
$300/Month Per Athlete - Sprinters/Mid-Distance/Hurdlers/Jumpers/Throwers

Cost/Fees: Summer Memberships (3 Month Membership)

$400/Month Per athlete - Pole Vaulters/Heptathletes/Decathletes
$850 for the Summer Per Athlete - Sprinters/Mid-Distance/Hurdlers/Jumpers/Throwers ***Summer membership can also be paid via monthly, see website for details.***

Detailed Program Fees structure is listed on page 13.
Sibling discount structure is listed on page 14.

Team VA Competition Details

Team VA will compete in several competitions throughout the year in both the indoor, outdoor and summer seasons. All Team VA members must compete for Team VA within at least five (5) Team VA declared competitions. Team VA will enter all team members under the Team VA banner for all mutually agreed and scheduled competitions. All entries will be done at once two (2) days before the closing date of the published registration deadline for each Team VA scheduled meet. Team VA members are responsible for any and all meet entry fees, coaching fees and travel cost to competitions unless otherwise noted. Additional Information can be found within the Athlete's Packet beginning on page 12.

Eligibility - (Who can join?)

Team VA Club Membership is open to all athletes. Team Vault Assault is dedicated group of athletes working to increase their performance. Team VA runs on a first come server opportunity.

"We don't just train. We train to win. Be ready for some good hard work." -LoJo.

From beginners to elite pole vaulters and aspiring athletes, VA's Coaching Staff have proven their selves in developing athletic talent within LoJo himself and with other aspiring athletes.

When should an athlete join?

"The earlier, the better," states Coach LoJo. After your initial interview LoJo Vault Assault will design your custom training plan completely worked around your work/team/school competition seasonal schedule.

Team VA Club Members benefit from the extensive experience of the Team VA staff, who provide intricate training details and videos for group and individual sessions. All members receive a personalized training plan developed and managed weekly specifically catering to their unique needs. Training Plans are managed with consideration towards

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athletic goals and ambitions, skill level, age, location, access to resources, unique abilities or handicaps, academic course loads, etc.

In short, the earlier you begin training, the better results you can expect.

Team VA Dates/Schedule

Practices, competition dates will be posted on our private, members ONLY Team VA Band App and also can be found online on our website at the www. TeamVA.org under the Schedule/Location Tab.

Clinic and Camp Schedule can be found at https://www.LoJoVaultAssault.com.

Team VA Perks/Gear/Support

When you become a member of Team VA

- Vaulters
    - Maintain a maximum capacity of ten (10) vaulters on the Vault Assault's Pole Vault Squad (10 vaulters per vault session)
    - Team VA's team capacity is smaller than any other pole vault or track and field club which means more focus on individual growth and performance. A major component of training is frequency and repetition. In training and performance each athlete receives specific guidance and support throughout their training session. Frequency and repetition in training is limited, so fewer athletes equals better performances.
- All Inclusive Training
    - Improving performance more than just running reps. Team VA meets three to four times a week to supervise and improve through various training techniques.
- Improve Fundamental Sprint, Mobility, and Instill Technique
    - Efficiency in skill execution improves athletic performance in all capacities.
- Increase Motivation, Focus, and Performance
    - Motivation and focus are necessary for consistent and efficient performance. Team VA uses efficient coaching and training techniques to improve motivation, focus, and performance.
- Utilize Objective Results to Monitor and Track Development
    - Feelings are unreliable subjective tools for evaluating athletic performance and development. Vault Assault uses dependable and standard metrics to assist in objective evaluations of training and performance.
- Constant Hands on Coaching from a 2x Olympian and World Champion
    - One month of training with Team Vault Assault is less expensive than attending a summer camp which may feature drop-in Olympians. Lawrence "LoJo" Johnson's Olympic and professional pole vault career; and NCAA Div 1 & HS coaching performance and experience combined, exceeds any other American vaulter over the past half century. LoJo is fully invested in Team VA coaching, mentoring, and the performance of all Team VA members.

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- USATF Club Affiliation with USATF Practice Insurance
    - Each Team VA member will be covered under the USATF General Liability Insurance Program. Each athlete must be a "in good standing" athlete with USATF and must be included and/or registered as a Team VA Club Member athlete with USATF to be covered under the USATF General Liability Insurance Program.
- AAU Club Affiliation
    - Each Team VA member must maintain their AAU membership and be registered as a Team VA Club Member to receive this affiliation status.
- Team VA Members Receive a 10% Discount on Private Lessons
    - All active Team VA Members will receive 10% discount on all private lessons.
- Team VA Members Receive a 25% Discount Towards Camps and Clinics
    - All active Team VA Members will receive 10% discount on Team VA and LoJo Vault Assault Camps and Clinics.
- Team VA Gear
    - All active Team VA Members will have access to our online team store. We offer discounts and run sales throughout the year.
- Letter of Recommendation
    - A letter personal letter of recommendation form LoJo reflecting on your training and performance with Team VA. The letter will also include the athlete's potential as a pole vaulter on a collegiate level and detailing where the athlete's development is currently and what the athlete has accomplished and improved while being coached as part of the Team VA Training Program. (provided upon request)
- Team VA High School Recruiting Supplemental Packet
    - The Team VA High School Recruiting Supplemental Packet including tips and guides to Identifying the Right Colleges, Scholarship Advice, NCAA Clearinghouse Information, Financial Aid information and more.

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VA Member's Responsibilities

Once admitted, Team VA Members are responsible for upholding rule of good conduct and sportsmanship and maintaining confidentiality. Neither Lawrence Johnson, Team VA, Coaches nor LoJo Vault Assault, endorses training without sufficient safety supervision. Every Team VA member must have supervision while performing drills, exercises, and training relative to any Team VA direction.

LJE/LoJo Vault Assault maintains exclusive ownership and rights to all materials distributed to Team VA athlete's and club members. No training plans, supplemental, or any other distributions of any kind may be duplicated, distributed or shared by the athlete/parent without the expressed written consent of the Team VA Manager & Coach Lawrence "LoJo" Johnson.

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How do I sign up?

You can subscribe by following the step detailed online via our website on the Become a Team VA Member Page. Team VA monthly membership fees are processed via PayPal's payment platform. All memberships are set up via monthly subscription and will be billed automatically on the same day each month. The date of sign up will be the date of the monthly automatic billing. Example: if sign up/membership begins on September 9th, then each month on the 9th day, payment will automatically be processed for Team VA Membership.

After the 1st payment is processed and successful, the system will redirect to our confirmation page on our website. This page will have the downloadable forms needed to finalize membership (Team VA Application/Questionnaire Form and Release Form).

Please submit the completed forms to the team manager at the 1st practice the newly enrolled athlete attends.

Forms may also be submitted via faxed (888) 822-8781 or email info@teamva.org.

A confirmation email will be sent to the email address used to sign up an athlete.

For additional information on How to Become Part of Team VA, please send an email to info@teamva.org.

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TEAM VA COACHES

Lawrence "LoJo" Johnson: Head Coach

Coach LoJo touts over 15 years of experience as a HS, collegiate, and professional athlete including 2 Olympic Games earning silver in 2000, American Indoor and Outdoor Records, NCAA collegiate record which stood for over 20 years, and a world championship title.

As a coach with over as decade of experience, LoJo has coached on the collegiate and scholastic level.

As an Assistant Coach at the University of South Carolina (2008 – 2012), LoJo coached a NCAA champion, 2 SEC champions, 5 All-Americans, 17- NCAA qualifiers, +5 USC men's All-time performers, +8 women's performers, men's and women's school records.

With less than 40 high school athletes LoJo has coached 2 HS nationals' finalists, 15 national qualifiers, over 10 state champions, and multiple school record holders. Additionally, over 75% of Team VA athletes have received athletic scholarships into NCAA institutions.

Additional information on Coach LoJo can be found on our website:

- Who is LoJo (Video)
- Detailed Coaching Accomplishments year by year
- LoJo's Athletic Accomplishments
- Black History Article on LoJo

Christina Johnson: Head Coach/Team Manager

Coach Christina has worked as an assistant to Lawrence Johnson since the last days of LoJo's professional career. Throughout his coaching career Christina has been side by side with LoJo including as a volunteer coach for USC and CNU.

Christina's support allows for a balanced approach to athletic training and development adding a unique and gender balanced approach to athletic training.

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TEAM VA YOUTH ATHLETICS COMPETITIVE TEAM

General Team Info & Policy

General Parent Information

Welcome to the Team VA Youth Athletics Competitive Travel Team!

Congratulations on becoming a Team VA member and joining our Youth Competitive Track and Field team. The package of information you have downloaded will answer many of the questions you may have on our program. Please review the Team VA Membership Information in our Parent Packet thoroughly, all your questions will be answered in our detailed Parent Packet. If you have additional questions, please email info@teamva.org and someone will be more than happy to answer any and all questions you may have.

What is the "Youth" age range? – During indoor, outdoor and summer track season, individuals compete in various age ranges grouping like ages from under eight (8) to eighteen (18) years old.

Competitive Team – What does it mean?

Members of the competitive team are dedicated to improving their performance. Track and field provides unique opportunities for personal goal setting and development. Members of Team VA Youth Team enjoy the opportunity to participate in a disciplined and structured fun-filled atmosphere while pushing their personal developmental goals and desires. Team VA Membership is not based on any physical standard, measurement, and/or assessment; however, **Team VA does have a maximum capacity of 12 - 15 pole vaulters per calendar year**.

The competitive team will not meet you or your child's expectations if:

- **You plan on being away for an extended period of time through the training season without the ability to engage in a modified cross training schedule.**
- **Have multiple conflicting sports activities. (Additional conflicting activities will be addressed on a case by case basis.)**
- **If you are not in the habit of following instructions, paying attention at practice and respecting your fellow teammates, event specialty coaches, and parent volunteers.**

Practices

Team VA provides quality technical support and instruction with experienced coaches and supporters whose characters enhance the learning and execution of drills and techniques. Missing practice means a missed opportunity to learn and improve.

Please make sure that you provide ample fluids for practices. Team VA does not provide water or fluids at or for practices.

Regular attendance is expected. The more you attend to more you learn.

As a curtesy to your fellow teammates, please be prompt so that we will have enough time to devote to practice(s).

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The official practice Start date for the 2019- 2020 Season will be 09/09/19.

Communication

The Spring of 2018, we added the **Team VA Band App** as part of our services to insure everyone has the most up to date information. Please insure we have your most recent and up to date contact information, including email address and cell phone information to insure we promptly inform you of any cancelations and/or changes to the training schedule/practice. We have found that the best way to communicate in the day in age is via the Team VA App. All communication will be conducted via the Team VA App unless we need to make direct contact to a parent and/or athlete for various reasons in athletic development and/or services we provide.

Every attempt will be made to host practice as scheduled; however, in situations of inclement weather a **Two Hour Prior** to practice time or **by 2:00 pm an update will be given.** All updates will be posted via **Team VA Band App** platform, because we inform our athletes and parents via this method, it is vital we have current contact information so we can send an invite to allow you to join our Private Team VA Group via the Band Platform.

Practices are held each week; please refer to times schedule listed in the Team VA Band App or on our website.

Coaches

Coaches for the Team VA competitive team have a wide range of experience in the event disciplines. This diverse mix of knowledge provides a great learning opportunity for your child.

Parents unless you are asked by an event specialty coach – please leave your coaching cap at home and enjoy your time in the stands. **Hovering around** or **over your child** during practice (unless you are asked to volunteer) is **not accepted** practiced behavior in our program. Take the two hours of practice time and enjoy a relaxed walk / run around campus, read a book, take a nap and chat with your fellow parents. Leave the coaching to the coaches.

Meets and Travel

Our Meet and Travel Schedule is designed to track the athletes' performance and development. Participation for all scheduled meets is strongly encouraged; but is not mandatory, however we have the exception of 5 **mandatory** meets **per calendar year** of membership with Team VA.

Example: 1 meet in the Indoor season + 1 meet in the Outdoor season + 3 meets in the Summer season.

Please update any schedule changes or conflicts you many have immediately to info@teamva.org.

Costs

Costs are detailed in this package. While our resources are not limitless, we do understand in this day in time how difficult it is to cobble together the finances to help your child. We do aid on a case by case basis under the guidelines set forth in this package.

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See page 12 for further details on cost pertaining to Team VA meets, travel and coaching fees.

Relays

Relays are formed from those that have made the team. It is a privilege to be on a relay – teamwork and practice is the key for success here. If you do not attend practice you will not be considered for a relay. Relays are formed in a cooperative effort between event specialty coaches and the relay coordinator. No relay spot is guaranteed. Relays that have qualified for nationals and met the relay time standard must have majority of its athletes also qualified in individual events. All spots on relays are open, fluid and not final until we go to nationals.

Please make sure you read over the attached relay standards so that you understand how relays are managed within Team VA.

Uniforms/Track Warm-Ups/Team VA Gear

All competitive team members are required to compete in Team VA uniforms. Team VA uniforms are $80.00 per set. Uniform set includes 2 items: competition singlet and shorts.

Uniforms will be distributed during practice once an athlete has placed an order. Please send uniform request to info@teamva.org with the **Subject line titled RE: Uniform Order**.

Team VA Gear and **Track Warm-Ups** can be purchased through our website via the following link: https://www.teamva.org/teamva-gear

Once qualified in one event, can I try another?

Generally, the answer is yes. However, it is wise not to spread yourself too thin. Let interest and input from your event specialty coach serve as your guide to ensure the training complements competing in additional events. This way we can ensure success in all events you set out to accomplish.

Team VA Member's Responsibilities

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LJE/LoJo Vault Assault maintains exclusive ownership and rights to all materials distributed to Team VA athlete's and club members. No training plans, supplemental, or any other distributions of any kind may be duplicated, distributed or shared by the athlete/parent without the expressed written consent of the Team VA Manager & Coach Lawrence "LoJo" Johnson.

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TEAM VA COMPETITIVE TRACK AND FIELD TEAM INFORMATION CHECKLIST - PRIOR TO PARTICIPATION

1. **Sign up Online – Online only Membership sign-up at** www.TeamVA.org
2. **Download and Complete Team VA Registration Application and Forms.**
3. **Bring completed forms to the first practice date you attend.**
   - **Or email forms to info@teamva.org**
   - **Or fax forms to (888) 822-8781**
4. **Send Over a Copy of Child's Birth Certificate**
   - **Email infor@teamva.org**
   - **Fax (888) 822-8781**

Please retain the following contact number for your reference:

Christina Johnson – Team VA Manager

Christina will be responsible for the operation of the competitive team.
All questions pertaining to the team should be directed to her
Cell / Text – 757-918-9933 / email – info@teamva.org

2019-2020 USATF AGE DIVISIONS

Age Division	For 2018 Year of Birth	For 2019 Year of Birth
8 & under	2011 + *	2012 + *
9 – 10	2009 – 2010	2010 – 2011
11 – 12	2007 – 2008	2008 – 2009
13 – 14	2005 – 2006	2006 – 2007
15 – 16	2003 – 2004	2004 – 2005
17 – 18	2001 – 2002**	2002 – 2003**

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

2019-2020 AAU AGE DIVISIONS

Age Division	2019	2019
8 & Under	2011 & After	2012 & After
9 - 10	2009 - 2010	2010 – 2011
11 - 12	2007 - 2008	2008 – 2009
13 - 14	2005 - 2006	2006 – 2007
15 - 16	2003 - 2004	2004 - 2005
17 - 18	2001 - 2002	2002 - 2003

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2019 - 2020 INDOOR COMPETITIVE INDOOR SCHEDULE

More information regarding the meets will be posted on our website.

- November 2, 2019 - Club Meet - USATF Mid-Atlantic XC Championships
- November 17, 2019 - Club Meet - Region 2 XC Championships
- November 30, 2019 - Club Meet - AAU Season Opener
- December 14, 2019 - HS Meet - Jim Mitchell Invitational
- December 20, 2019 - HS Meet - Coach Saint Invitational
- December 21, 2019 - HS Meet - Energice Coaches Hall of Fame Invitational
- December 22, 2019 - Club Meet - Armory Youth Holiday Classic
- December 27 – 28, 2019 - HS Meet - Marine Corps Holiday Classic
- January 3, 2020 - HS Meet - 26th Hispanic Games
- January 5, 2020 - Club Meet - AAU Mid Season Indoor Invitational
- January 8, 2020 - Club Meet - Millrose Games Trials
- January 17 – 18, 2020 - HS Meet - New Balance Games
- January 18, 2020 - Club Meet - USATF Mid-Atlantic Association Meet
- January 25 - 26, 2020 - HS Meet - Ocean Breeze Invitational
- February 6 – 8, 2020 - Club Meet - Millrose Games
- February 14, 2020 - HS Meet - North Shore High School Pre-National Invitational
- February 16, 2020 - Club Meet - USATF Pre-Nationals Invitational
- February 17, 2020 - Club Meet - Armory Youth Championships
- March 13 – 15, 2020 - Club Meet - New Balance Indoor Nationals
- March 20 – 22, 2020 - Club Meet - USATF Hershey Youth Indoor Championships

Please note the above links are only for information purposes.
All Registrations will be submitted by the Team VA Manager.
Please let us know if you have any questions or concerns.

Above is a list of meets we are scheduled to compete in as a club.

The Posted schedule is listed as tentative schedule;
Team VA has the right to change the schedule at any point in time.
Notice will be given to parents and athletes as soon as changes have been made.

Schedule will also be posted online under the
Schedule/Location Tab on our website via link below
Team VA Competition Calendar
AND
Under our Band App Account
Approval required, private group

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2018 PROJECTED PROGRAM FEE STRUCTURE

1. Program Fees

- $400.00 - Vault/Multi Monthly Club Membership Fee
- $300.00 - Sprint/Mid-Distance/Hurdle/Jumper/Throw Monthly Club Membership Fee
- $850.00 **-** Summer Sprint/Mid-Distance/Hurdle/Jump/Throw Club Membership Fee

2. Coaches Travel Fees Per Meet – All Travel Fees will be equally divided by the number of athletes attending meet. **-** Separate from Program Fees

(Once invoice has been sent out, parent/athlete will be responsible for paying divided travel fees, regardless of attending meet.)

- **Hotel –** Varies with each meet. (Most meets will not require hotel accommodations.)
- **Meals -** $24.00 a day per coach
- **Travel -** $0.42 per total round trip miles driven.
  - If airfare is required then the travel fee will be airline ticket cost. If airfare is required tickets will be purchased no later than 14 days prior to travel. All members will be informed via practice, email, and website of approaching deadlines for air fare competitions.

3. Meet Coaching Fee – Per Day Per Meet - Separate from Program Fees

- $65.00 Pole Vaulter
- $35.00 Sprint/Mid-Distance/Jump/Hurdle/Throw

4. Meet Entry Fees - Separate from Program Fees

- **Meet Entry Fees varies per meet. They range form $8.00 per athlete per event to $50.00 per athlete entry.**

Meet Payment Policy:

An Invoice for each meet will be sent separately to parent's/athlete's email address via PayPal Invoicing. If invoice(s) is/are not paid on or before the invoice due date, then the athlete will not be entered in the meet. Parent/athlete will still be responsible for divided portion for travel fees, since fees were divided evenly among athletes that stated they would be competing in the invoiced meet. If an invoice is not paid on or before the due date listed on each invoice, then a $20.00 late fee will be applied to all invoice(s) not paid in full on or before due date.

***** DISCOUNTS AND FEE WAIVERS *****

Please note that Discounts and Fee Waivers cannot be combined.

Pole Vaulter/Multi

Discounts for multiple family members -

- **2nd Child – applies to Team VA Monthly Membership Program Fee and Meet Coaching Fees Only**
  - $350.00 program fee and 25% reduction in meet coaching fees
- **3rd Child - applies to Team VA Monthly Membership Program Fee and Meet Coaching Fees Only**
  - $320.00 program fee and 50% reduction in meet coaching fees

Finical Assistance Fee Waivers – Fees Waivers are processed with the following discount levels. These are based on need and are limited. Please do not apply for a waiver if you do not need one – you will deny someone who truly needs assistance an opportunity to participate. If your child is on free or fee reduced lunch at school, please provide the approval letter for verification.

- **Level 1 -** $350.00 Team VA Monthly Membership Program Fee and 25% reduction in Meet Coaching Fees only
- **Level 2 -** $320.00 Team VA Monthly Membership Program Fee and 50% reduction in Meet Coaching Fees only
- **Level 3 -** $275.00 Team VA Monthly Membership Program Fee and 65% reduction in Meet Coaching Fees only

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Sprinter/Mid-Distance/Hurdler/Jumper/Thrower

Discounts for multiple family members -

- **2nd Child – applies to Team VA Monthly Membership Program Fee and Meet Coaching Fees Only**
  - $270.00 program fee and 25% reduction in meet coaching fees
- **3rd Child - applies to Team VA Monthly Membership Program Fee and Meet Coaching Fees Only**
  - $240.00 program fee and 50% reduction in meet coaching fees

Finical Assistance Fee Waivers – Fees Waivers are processed with the following discount levels. These are based on need and are limited. Please do not apply for a waiver if you do not need one – you will deny someone who truly needs assistance an opportunity to participate. If your child is on free or fee reduced lunch at school, please provide the approval letter for verification.

- **Level 1 -** $270.00 Team VA Monthly Membership Program Fee and 25% reduction in Meet Coaching Fees only
- **Level 2 -** $240.00 Team VA Monthly Membership Program Fee and 50% reduction in Meet Coaching Fees only
- **Level 3 -** $180.00 Team VA Monthly Membership Program Fee and 65% reduction in Meet Coaching Fees only

Please note: For families with pole vaulters or multi athletes – The 1st child will be billed as a pole vaulter or multi athlete in order to get the 2nd child multi family member discounts.

Team VA Scholarships are also available for athletes wanting to become a member. These scholarships are based on the financial need of the athlete and their family. Please email info@teamva.org for more information.

We are always looking to sponsors to help us aid as many athletes as possible. If you would like to become a sponsor to assist an athlete become a Team VA Member, please send us an email to info@teamva.org. Include the following in the subject line. RE: Sponsorship

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Team VA Minimum Relay Qualifying Standards for 2012 USATF National Championships

Minimum time standards must be met for each relay team in order for the team to be considered for entry into the National Championships. This is regardless of whether the team qualifies by place of finish (top 4) at the USATF Regional JO National Qualifier. These standards must be met by or at the National qualifier. The relay standards are based on the time which represents the 50th percentile finish for relay teams in the 2011 USATF National Championships. In other words, if there were 44 teams entered in the Bantam girls 4x100 our minimum qualifying standard for this group would be the finishing time for the 22nd place team.

Relay Age Group	4x100	4x400	4x800
Sub-Bantam Girls	1:07.04		
Sub-Bantam Boys	1:02.45		
Bantam Girls	1:00.18	4:58.02	
Bantam Boys	57.98	4:51.46	
Midget Girls	54.55	4:36.70	10:57
Midget Boys	53.45	4:23.36	10:37
Youth Girls	50.93	4:11.86	10:35
Youth Boys	48.02	3:46.75	9:32
Intermediate Girls	49.54	4:08.58	10:17
Intermediate Boys	44.45	3:31.32	8:44
Young Women	48.53	4:03.67	10:01
Young Men	42.82	3:32.71	8:20

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TEAM VA's TEAM POLICIES

I. Athletes

A. General Athlete Conduct

1. All athletes will conduct themselves in a respectful manner. Disrespect towards teammates, parents, coaches, chaperones and officials will not be tolerated.
2. Profanity before, during and after meets and practices will not be tolerated.
3. Failure of any athlete to respect the racial, ethnic, cultural and religious diversity of the team will not be tolerated.
4. All major issues concerning the athlete's behavior will be handled by the **Team VA Manager ONLY**. Any disciplinary actions will be handled solely by the **Team Manager** and will be **communicated to the athlete's parents**.
5. Athletes will not cross over either at the throwing. Failure to keep the sectors and infield clear during our throwing practices will result in dismissal from the team.
6. Never turn your back to the throwing circle or sector.
7. Athletes will not cross over either at the long jump, pole vault, triple jump, high jump runways. Failure to keep the infield and runways clear during our jump practices will result in dismissal from the team.
8. Please respect your practice venue(s). We are fortunate to be able to utilize quality facilities. We do not own them; we are simply guests. Please keep this in mind. All trash should be picked up after practice and you should leave the facility clean and in good order. Failure to do so will result disciplinary action.
9. All facility related equipment that is not marked "Team VA" will only be accessed by the head coach or event specialty coaches.
10. Athletes with medical problems; inhalers or medicine to take; must inform the coach prior to departing to attend a meet.
11. Cell phones are NOT to be used during ANY practice times.

II. Parents

A. General Parent Conduct

1. Parents please let the Team VA Coaches coach. Parental encouragement is welcome; however, practice discipline, feedback, event selection, workouts and practice structure are the Coaches' responsibilities. **NO parent will be allowed in/on the practice locations or areas during practice times** unless **REQUESTED** by the **Team Director or Event Specialty Coach**. **Designated parent seating will be indicated in each practice locations.**
2. Please remember that **ONLY Team VA Coaches** are allowed to provide coaching feedback or technical corrections during **ALL** Team VA practices and training times.
3. **Parents** unless you are asked by an event specialty coach – **please leave your coaching cap at home** and enjoy your time in the **stands or the designated parent seating**. **Hovering around** or **over your child** during practice (unless you are asked to volunteer) is **not accepted** practiced behavior in our program. Take the two hours of practice time and enjoy a relaxed walk / run around campus, read a book, take a nap and chat with your fellow parents. Leave the coaching to the coaches.
4. Parents should inform the Head Coach at the track of their departure from the track with any athlete, this includes their own child/athlete.
5. Any parent that checks another parent's child either out of the hotel, car pools home in private transport or leaves the athletic venue will need to provide electronic confirmation of the individuals/members of written permission in addition to providing the team manager their eta and cell contact numbers.

III. Relays

A. Relay Selection Guidelines

1. Relay Selection Guidelines will be used to place athletes on 4x100, 4x400 and 4x800 Relays.
2. "Relay runner only" athletes will not be taken to the first meet (District or Association Level) – you must also be entered or qualified for an individual event.
3. No member of a relay team is guaranteed a position on any relay team.

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4. The "order" of your relay will be at the sole discretion of your event specialty coach.
5. The following factors will enter into determining your participation in a relay pool
    a. Practice attendance
    b. Performance in your individual event
    c. Attitude and Flexibility
    d. Event Load
6. Team VA will not submit a relay team entry to nationals (event if qualified) unless this team has met the minimum time standards necessary to be competitive at the National Level (the slowest time which qualified out of each first round at the previous National Championships for 4x100 / 4x400 – 4x800 teams will need to meet at minimum run a time equivalent to the 50th percentile time at the previous National Championships). These standards are published on the Team VA Competitive Team Website and included in this packet.
7. The final decision on all relays will be the responsibility of the competitive team director based on input from the event specialty coaches. Being on a relay does not guarantee your participation at any meet. Team VA will put its best relay on the track with an eye on advancement to the next level of competition.

IV. Media – Film/Video/Audio

A. Media - Film/Video/Audio

1. Team VA will record all media for the team during practices and meets.
2. NO Media Recording of any kind will be allowed during any Team VA practices, this also includes vault practices.
3. Video Production
    i. Team VA will put together a video compilation for each athlete with our grading system of a particular exercise. This is to allow the athlete to see their progress and the see how they are executing the particular drill or exercise that we would like for the athlete to see their progress.
4. Team VA will also put a compilation video together that will be for promotional proposes. This video will be posted publicly to promote Team VA and its athletes.

B. Opting out of video production

1. Team VA athletes will have the option to opt out of Team VA's video productions.
2. If opted out of Team VA media productions.
    a. Team VA will not add opted out athlete to any video productions.
    b. If you would like to review any media recording of Team VA's practices, then the following will apply.
        i. Athlete/Parent will submit in writing to info@teamva.org. Please include the practice dates in the written request.
        ii. A $165.00 fee will be applied for the 1st hour of video production and $65.00 an hour after.
    c. A quote will be emailed detailing the total number of hours it will take to put the production together for video review.
    d. Once payment has been processed for production time, the media will be produced.
    e. Upon completion, the media will be emailed over with the finished product. If the file is too large to be emailed, then an email will be sent over with a DropBox link to download the video.
    f. A time and date will then be set for review. Review time will be between 15 – 30 mins depending on the amount of media production.

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