SEASON STARTS TUESDAY, MAY 28TH **SEASON ENDS** SATURDAY, AUGUST 3RD



- 9-weeks [approximately]
- 6 track meets
- 28 total practice days
- 35 total training hours

The NFRONT Track Club 2024 AAU and USATF summer track season will run from May 28th to August 3rd culminating at the AAU Junior Olympic Games in Greensboro, NC [North Carolina A&T University]. The 2024 NFRONT Track Club meet calendar will aim primarily at AAU-sanctioned events, however, there will be cross-over opportunities to qualify and attend the USATF-sanctioned Junior Olympics taking place in College Station, TX [Texas A&M University]. Track club season participants must be current AAU and USATF members, fees of which are included as part of each athlete's team registration.

NFRONT Track Club will hold track practice at two main training locations throughout the 2024 summer season, both located in Gurnee, IL. On-track training will take place at Warren Township High School track. The primary off-track location is Warren Township Park. Practice takes place up to 4 days per week.

Warren Township Park 17801 W Washington St Gurnee, IL 60031

MON, WED 7:00 - 8:00pm

Warren Township High School Track 34090 Almond Rd Gurnee, IL 60031

TUE, THU 7:00 - 8:30pm

TEAM FEES \$450, \$395 for each additional sibling

Includes AAU and USATF membership fee, event entry fees for 5 track meets (not including National or Junior Olympic Championships), training facility rental and insurance cost, and 4-piece team uniform set. Includes: jersey top, bottoms, pullover top, and warm-up pants.

BIRTH CERTIFICATE COPY REQUIRED [Ages 6 - 18]

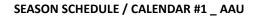
Payable by cash, credit/debit card, check [payable to NFRONT Track Club], Zelle and Venmo

Zelle: payments@nftrackclub.org Venmo: @NFRONTTC

TRAINING ONLY

\$295

This option is for athletes who only want to train alongside the team during the weekly practices. Includes 8 weeks of training, up to 28 sessions.





MAY 2024								AAU
М	Т	w	Т	F	S	s	Week	June 8 – 9 [SAT – SUN]
		1	2	3	4	5		AAU Central District Qualifier 1
6	7	8	9	10	11	12		Proviso East High School
13	14	15	16	17	18	19		Maywood, IL
20	21	22	23	24	25	26		June 15 [SAT]
27	28	29	30	31			1	/ USATF Jane Dickens Invite
						Proviso East High School		
JUNE	2024							Maywood, IL
М	Т	W	Т	F	S	<u>/s</u>	Week	luna 27 20 [THII SHN]
					1/	2/	1	June 27 – 30 [THU – SUN] AAU Region 13 Qualifier
3	4	5	6	7	(8)	9	2	Northern Illinois University
10	11	12	13	14	(15)	16	3	Dekalb, IL
17	18	19	20	21	22	23	4	
24	25	26	(27)	28	29	30	5	July 10 [WED]
шшv	2024							USATF Wisconsin Summer Mee
JULI	2024							South Milwaukee High School South Milwaukee, WI
М	Т	W	Т	F	8	S	Week	Journ Willwadkee, Wi
1	2	3	4	5	6	7		July 20 [SAT]
8	9	(10)	11	12	13	14	6	AAU MKE Speed Academy Invit
15	16	17	18	19	(20)	21	7	Wisconsin Lutheran College
22	23	24	25	26	(27)	28	8	Wauwatosa, WI
29	30	31					9	July 27 – August 3 [SAT – SAT]
AUG	UST 20	24						AAU Junior Olympic Games
					_	_		North Carolina A&T University
М	Т	W	T	F	S	S	Week	Greensboro, NC
			1	2	3	4	9	
5	6	7	8	9	10	11		Practice – TRACK
12	13	14	15	16	17	18		Practice - Off-Track
19	20	21	22	23	24	25		Track Meet
26	27	28	29	30				

The above can change at any time due to unforeseen circumstances.





MAY	2024							USATF
М	т	w	т	F	S	S	Week	June 15 [SAT]
		1	2	3	4	5		/ USATF Rochelle Invitational
6	7	8	9	10	11	12		Rochelle Township High School
13	14	15	16	17	18	19		Rochelle, IL
20	21	22	23	24	25	26		/ June 21 – 23 [FRI – SUN]
					23	20	1/	/ USATF Region 7 State Meet
27	28	29	30	31			<u></u>	University Of Illinois Demirjian Park
JUNE 2024						/	Champaign, IL	
М	Т	w	Т	F	S	8	Week	
					1	/2/	1	June 29 [SAT]
3	4	5	6	7	8/	9	2	USATF Bob Nehills DuPage Invite
10	11	12	13	14	(15)	16	3	Lake Park High School Roselle, IL
17	18	19	20	(21)	22	23	4	Noselle, IL
	25	26	27	28	20	30		July 13 – 14 [SAT – SUN]
24	25	26	21	28	29	30	5	/ USATF Region 7 State Meet
JULY 2024								Indiana (TBA)
М	Т	w	т	F	S	S	Week	Indianapolis, IN
1	2	3	4	5	ھ	1		Indu 20 [CAT]
8	9	10	11	12	(13)	14	6	July 20 [SAT] AAU Helen Scott-Owens
15	16	17	18	19	(20)	21	7	Benedictine University
22	23	24	25	26	27	28	8	Lisle, IL
29	30	31	23	20	21	20	8	,
29	30	31						July 22 – 28 [MON – SUN]
AUG	UST 20	24						USATF Junior Olympics
М	Т	w	т	F	S	S	Week	Texas A&M University
141	<u> </u>	70	1	2	3	4	VVCCK	College Station, TX
5	6	7	8	9	10	11		Dunation TDACK
12	13	14	15	16	17	18		Practice - TRACK
	_		_	-	l I	_		Practice - Off-Track
19	20	21	22	23	24	25		Track Meet
26	27	28	29	30				

The above can change at any time due to unforeseen circumstances.

AAU and USATF



NFRONT Track Club participates in both AAU and USATF-sanctioned meets. Each organization has separate age divisions as listed below determined by year of birth (age on December 31st). The AAU Athletics Program is comprised of nine youth age divisions plus Open and Masters. USA Track and Field (USAFT) youth competitions typically take place in two-year age divisions, and athletes in the OPEN division are ages 19 to 30 and MASTERS division are ages 31 and up.

2024 Age Divisions

Year of Birth	AAU	USATF
2016 & After	8 & Under	8 & Under
2015	9	9-10
2014	10	9-10
2013	11	11-12
2012	12	11-12
2011	13	13-14
2010	14	13-14
2008-2009	15-16	15-16
2006-2007	17-18	17-18
1994-2005	OPEN	OPEN
1900-1993	MASTERS	MASTERS



The Amateur Athletic Union (AAU) is one of the largest, non-profit, volunteer, multisport event organizations in the world, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. The AAU philosophy of "Sports For All, Forever" is now shared by nearly 800,000 members and 150,000 volunteers across 50+ sports programs and 55 U.S. districts.

ht ps://aausports.org/



Based in Indianapolis, USA Track & Field (USATF) is the National Governing Body for track and field, long distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the number one high school and junior high school participatory sport, and more than 30 million adult runners in the United States.

ht ps://www.usatf.org/

UNIFORMS



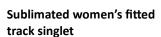
Each athlete will receive a full unform, however replacements are available. Turnaround time to receive is approximately 2-weeks. Rush orders may be possible depending on circumstances.

Sublimated men's fitted track singlet

\$35







\$35





Sublimated men's track split short with inner brief

\$25

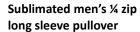




Sublimated women's compression track short

\$25





\$40





Sublimated women's 1/4 zip long sleeve pullover

\$40





Sublimated men's track pant with ankle zips

\$50





Sublimated women's track pant with ankle zips

\$50





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024 SEASON _ Registration Form					
ease complete all sections and direct this f	orm to registration@nftra	NFCON Track Clu			
Athlete Name	Gender	Age			
Mailing Address	City	State Zip			
Parent / Guardian	Phone	E-mail			
Emergency Contact	Phone	E-mail			
Insurance Company	Allergies / Medical				
FEES		PARENTAL / GUARDIAN WAIVER and CONSENT			
nitial payment due by Friday, May 17t JSATF membership fee, event entry fee ncluding Jr. Olympics), training facility ren cost, and 4-piece team uniform set (jersey to pullover top, and warm-up pants).	s for 5 meets (not tal and insurance	As a parent or guardian, you should ask coaches, physicians, and other knowledgeable persons about any concerns that you might have at any time about your child's participation or safety. The decision for your child to participate is yours.			
\$450 PRIMARY ATHLETE \$395 ADDITIONAL ATHLETE \$295 TRAINING ONLY Zelle: payments@nftrackclub.org Venmo: @NFRONTTC		ASSUMPTION OF RISKS: Injuries to participants of NFRONT Track Club may occur from risks that are inherent in any athletic activity; from placing stress on the body that has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety, or other rules; from the use of transportation to and from classes; and from administration of first aid. Injury can include direct physical, and possibly crippling, injury to one's body, and emotional injury experienced as a result of inflicting injury to another			
ENROLLMENT	EVENTS	or witnessing it. The severity of injury can range from minor cuts, scrapes, or muscle strain to catastrophic injury, such as paralysis or			
□ Athlete□ Athlete (Additional)□ Training Only	☐ 100 M ☐ 200 M ☐ 400 M	even death. In consideration of NFRONT Track Club permitting my child or ward to participate in its athletic program, I hereby agree on behalf of my child			
UNIFORM T-Shirt	□ 800 M □ 1500 M	that he or she will assume the risk of injury or death from participating as outlined above. I release NFRONT Track Club, its employees, and/or volunteers from any liability resulting from my child's participation in			
	☐ 3000 M ☐ Race Walk	any activity. This assumption of risk and release binds my child's heirs, estate, executor, or administrator, and assigns all members of my			

family.

SAFETY INSTRUCTION: I have told my child to obey all directions of the instructors, personnel, and their assistants in charge of the activities; to comply with all safety instructions; and to refrain from horseplay and other unsafe practices.

MEDICAL AUTHORIZATION: In the case of an accident or illness, I authorize NFRONT Track Club to provide medical treatment for my child if I cannot be contacted immediately and I consent to the administration of any and all medical procedures deemed necessary by the attending authorities. I understand that NFRONT Track Club, its staff, and volunteers assume no financial obligations or liability for the immediate medical treatment that they provide to my child.

PHOTOGRAPHY / VIDEO RELEASE: I hereby give permission to NFRONT Track Club to photograph and/or videotape my child. The sole purpose of these photos and/or videos is for publication, advertisement, and exhibition of services by NFRONT Track Club.

I have read the above sections in understanding and acceptance of the information provided, and I have completed the Emergency and Medical Information.

Track Jersey

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Track Shorts

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Warm-up Pants

Parent / Guardian Signature

80/100/110 H

200/400 H

Long Jump

Triple Jump

High Jump

Shot Put

Discus

Javelin

Multi-event

Relay

Date