



2026 Track & Field Parent Meeting

Welcome

Introductions

- Coach Rob
- Volunteer coaches
- Meet Parents

Expectations of Legion

- New and existing athletes are not professionals, nor should they be! The goal is to teach and develop our athletes, show them something new and possibly long-term that they enjoy.
- Providing options to our youth while keep cost low
- Legion Code
- Moto: If it's to be, it's up to me.
- **Communication – Don't hesitate to reach out 785-218-0386**
 - o GameChanger – global communication
 - o RSVP, RSVP, RSVP! To help us plan, let us know when you can or cannot make it!
 - o Child pickup – let us know as needed
- Attendance – to help build comfort and confidence, consistent attendance is highly valued as part of being a Legion athlete.
 - o Highly recommended to attend pre-season conditioning
 - o Very Important athletes attend season practices

Fees

- \$22 per athlete for AAU fee - club membership
- \$45 uniforms - can reuse flag uniform to waive fee
- Order has been placed 3/14 to receive early with Current events happening
- \$33 Admin fees (covers registrations, practice space, etc.)
- \$75 total for 3 meets
 - o Must lock in \$75 for a (recommended 3 meets (\$25 per meet) ensure our athletes get appropriate exposure to the track and field experience)

- Total of 7 meets - if your athlete(s) chose to do the other meets, \$25 per meet must be paid. Will communicate deadlines when info is available

Payment

Due by March 23rd, however, communication is key!

- Cash in person
- Venmo: <https://www.venmo.com/u/LawrenceLegionAthletics>
- CashApp: [https://cash.app/\\$LawrenceLegion](https://cash.app/$LawrenceLegion)

Fan Gear

- **Use Fan Gear link to place your order**
- Vendor: ACME
- Link will go live 3/18 and end 3/31 for quick turnaround

Team pictures

The purpose of ordering uniforms so timely is to ensure we have them ready for team pictures. Planning on using the practice (4/16) before our first meet to do team pics. More to come!

Preseason Practices

Outdoor Location: West Middle school

Indoor Location: The Good Game, Rock Chalk.

All about learning movements then repetition in movements. True conditioning season.

- **Conditioning Practices**
 - First 6 practices
 - From 3/19 – 4/3
 - Sundays, Mondays and Thursdays 6p-7:15p
- **Discipline Practices**
 - Specialty Practices
 - From 4/5 – 4/16
 - Sundays, Mondays and Thursdays TBD
- **Season Practice Details:**
 - After the first meet, 4/18
 - Practices Mondays and Thursdays

More to come after preseason observations. We want to ensure appropriate groupings per age groups to ensure appropriate attention to athletes while staying timely.

Weather-

Our goal is to build strong, resilient athletes in all conditions. I will always make decisions with our kids' best interests in mind while helping them grow through every experience.

Meet schedule

April 18th, 2026: Girard Warriors Youth Track & Field Meet, Girard KS* – Top Choice

April 25th, 2026: Della Lamb AAU Developmental Track Meet, Kansas City

May 2nd, 2026: Stronger Together, KC Rebels, Kansas City, MO

May 9th, 2026: Runstars AAU Developmental Track & Field Meet, Leavenworth High School, Leavenworth, KS – Top Choice

May 16th, 2026: Little Lions Invitational
Lawrence, KS - Top Choice

May 25th, 2026: Team Believe, Kansas City, MO – Top Choice

May 30th, 2026: Hot Feet, Kansas City, KS

Parent Q/A