

AOC

2008 Membership Packet Summer

CELEBRATING OVER 40 YEARS!

Visit Our Web Site at: <http://www.ambleroc.org>

W E L C O M E

Thank you for joining AOC!

We are grateful that you have chosen AOC for your child's track and field activity. Our primary concern is that athletes enrolled in our program enjoy themselves and benefit from the extraordinary coaching expertise available to them this year. In addition, we hope that parents find our club and its atmosphere enjoyable.

The information contained in this packet provides a broad explanation of our club and the activities we have planned this year. However, if you have any questions about our program that are not addressed in this packet, please feel free to speak with any AOC Membership representative usually present at practices. Questions concerning training programs and competition should be directed to our Program Head Coaches. You can also contact us through our website at www.ambleroc.org.

The long term viability of our non-profit club depends on volunteers to aid with and support AOC programs. We ask each family to consider this important aspect of being part of the AOC family.

The long term viability of our non-profit club depends on volunteers to aid with and support AOC programs. We ask each family to consider this important aspect of being part of the AOC family.

TABLE OF CONTENTS

	Page
AOC Overview of Track and Field Programs.	
Important Dates in 2008	
Facts & Information About Our Programs	
Coach Biographies	
Volunteer Opportunities	

AOC

Track & Field and Cross Country Programs

Youth for Development

Welcome to the AOC running program. The information in this document is designed to provide insight on how our programs operate and the involvement of the athlete, parents, and coaching staff.

History

The “Ambler Track Club” had its beginning in the summer of 1966. AOC is most proud of its status as an inclusive club, providing the community with a powerful example of how effective a volunteer organization can be, when members from diverse backgrounds work together to further common goals. From its inception, AOC has enjoyed a nearly equal racial balance among its athletes, coaches, and board of directors. The economic backgrounds of the AOC family are similarly diverse. The activities of the club minimize these differences and the participating youth become teammates and friends naturally in a cooperative setting that is fostered and enhanced by coaches and directors who double as role models while leading by example.

Purpose & Function

AOC is a grassroots organization consisting of volunteers, coaches, parents, and alumni. The organization provides healthy recreational programs for athletes ages eight through 18, emphasizing cross-country and track and field training and competition. AOC is registered with the Amateur Athletic Union (AAU), and competes in AAU-sanctioned events. The club’s mission is to support the overall development of its participants by developing physical and athletic skills while instilling character and sportsmanship. Our purpose is to motivate each athlete to aspire to achieve leadership, discipline, and integrity through track & field and cross country running. AOC strives to meet the needs of all participants regardless of their performance level. The individual who makes the attempt is as much a part of the group as he or she who may attain the highest level of achievement. No one rides the bench!

Training Program

Practice sessions are conducted by the coaching staff at certain locations. We encourage all athletes to attend the scheduled training activities (a training schedule is available). Practice for the Spring & Summer Programs is held at The Larry Wilson Track on the campus of Gwynedd Mercy Academy located on Sumneytown Pike, Gwynedd, PA.

Practice for the Cross Country Program is held at Gwynedd Mercy Academy, meeting at the Larry Wilson Track. On occasion, the coaches will move the practice location to an

alternate site, in order to introduce different terrain to the athlete. Some of the alternate locations are Fort Washington Park, Wissahickon High School Trail, and Valley Green.

Online Registration Fees & Information

Online registration is available for will be open on April 15th via <http://ambleroc.org>. AOC membership runs from January 1, 2008 to December 31, 2008.

The new annual registration fee \$115.00 is required for each family membership.

The club name has officially changed to AOC. As a result, new AOC Club uniform is required to be worn by all AOC athletes at competition. Club uniforms are available for purchase at registration and thereafter from the AOC store available via <http://ambleroc.org>.

AOC organization is registered in the Amateur Athletic Union (AAU) Junior Olympic Program. Therefore, our athletes are required to be members of the AAU. The registration card is \$12.00 each and can be obtained online at <http://www.aausports.org/>. Follow steps at “Join AAU” for athlete sign-up.

AAU Cards for year 2008 are available now. Cards may be obtained by either the web location or contacting Kim Raifsnider at (610) 473-2227. A photocopy or printed version of the AAU card **MUST** accompany your AOC registration materials.

In addition to the club fees mentioned above, there may be ancillary fund-raising and competition entry fees at registration or throughout the season. Other expenses offset our high operating costs and include competition outside of the local area that requires travel and lodging expenses. It is the responsibility of the athlete and the parent to pay for these additional expenses.

Membership registration forms can either be downloaded and printed from our website <http://www.ambleroc.org/> or found at the Larry Wilson Track at practices. The form must be completed in full by a parent or guardian for each participating athlete and submitted to an AOC membership representative.

Materials required for registration and competition include:

- Completed membership registration form (one per child), signed by parent/guardian
- \$115 registration fee
- Uniform fee
- Proof of joining AAU – AAU number

AAU Age Division Information

The AAU holds their competition within various age divisions. **They are determined by the year the athlete was born — the athlete's age by December 31, 2008.** Athletes must compete in their own age group, and may not move up or down. (NOTE: Not all events are contested in each age division.)

AAU Age Classifications

Primary (8 years old)	Born 200
Sub-Bantam (9 years old)	Born 1999
Bantam (10 years old)	Born 1998
Sub-Midget (11 years old)	Born 1997
Midget (12 years old)	Born 1996
Sub-Youth (13 years old)	Born 1995
Youth (14 years old)	Born 1994
Intermediate (15 & 16 years old)	Born 1992& 1993
Young (17 & 18 years old)	Born 1991 & 1990

Club Status

AOC is a self-governing, self-supporting organization certified in the Commonwealth of Pennsylvania as a non-profit corporation and exempt from Federal Income Tax since the club is a 501(c)(3) charitable organization and all donations are tax deductible to the extent the law allows.

To send these national caliber athletes to competitions throughout the country, annually, requires extensive financing. Expenses not covered by fundraising must be offset by the athlete and their parents.

AOC Board Meetings are open to the membership. If interested in attending, please contact one of the coaches or directors for the date, time, and location of the next meeting.

The official registration and financial information of AOC may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Important Dates – 2008*

2008 Spring Developmental Program

Starts at First Practice: Saturday, March 15, 2008 @ 10:00 AM

Spring Developmental League Meet Schedule

Sat., May 3, 2008 Gwynedd Mercy Track 9:00 AM (athletes report to track 8:00 AM)

Sat., May 10, 2008 Lower Merion Track 9:00 AM (athletes report to track 8:00 AM)

Sat., May 17, 2008 Lower Merion Track 9:00 AM (athletes report to track 8:00 AM)

Sat., May 24, 2008 Lower Merion Track 9:00 AM (athletes report to track 8:00 AM)

Spring Meet Championship

Sat., May 31, 2008 Lower Merion Track 9:00 AM (athletes report to track 8:00 AM)

Rain Date: Sat., June 7, 2008 Lower Merion Track 9:00 AM

2008 AAU Summer Competition Program

Starts at First Practice Tuesday, May 27, 2008

2008 AAU Mid-Atlantic District Meet - Hosted by AOC

Location: Widener University

Dates: June 13-15, 2008

Qualifiers eligible for participation in AAU Region II Meet

2008 AAU Region IIA Meet

2008 AAU Region II Multi-Event/Racewalk Championships

Location: Gwynedd Mercy Academy, Larry Wilson Track

June 26, 27, 2008

2008 AAU Region IIA Track & Field Championships

Location: Northeast High School

Dates: June 28-29, 2008

Qualifiers eligible for participation in AAU National Junior Olympic Games

2008 United Age Group Meet

Location: Northeast High School

Dates: July 11-13, 2008

2008 AAU National Junior Olympic Games

EASTERN MICHIGAN UNIVERSITY; DETROIT, MI.

July 26 to August 2, 2008

<http://www.aaujrogames.org>

2008 CROSS COUNTRY PROGRAM

Starts TBA

* The information contained on this page is subject to change and update.

SOME FACTS & INFORMATION ABOUT OUR PROGRAM . . .

The following are some helpful tips to guide you through AOC's Developmental and Summer AAU Competition Track and Field programs:

SPRING DEVELOPMENTAL PROGRAM PRACTICE SCHEDULE: Spring practice is held at the Larry Wilson Track on the Gwynedd Mercy campus from Saturday, March 15 to the beginning of the Summer Program. Practice will be held Monday & Thursday, 6:00-7:30pm, & Saturday, 10:00-11:30am. Warm-up laps precede stretching which begins at 6pm sharp evenings and 10am sharp Saturday's followed by running drills and the balance of practice. Beginning May 3rd, Saturday practices are replaced by Meet competition. Beginning April 23, each Wednesday we will have an optional "Raise the Bar" practice. This practice is specifically designed to teach introductory or more advanced skills associated with long jumping, shot put, hurdles & relay hand-offs. Other field events may be added.

AAU COMPETITION PRACTICE SCHEDULE: Summer practice is held at the Larry Wilson Track on the Gwynedd Mercy campus. Practice days are Monday, Tuesday, Wednesday, and Thursday, 6:00-7:30pm. Summer practices will include instruction and training for all AAU Track and Field events. Training programs will be more structured with drills beginning promptly on the track at 6:00pm.

Special Note: We encourage all athletes registered in our Developmental Program to continue participation in the AAU Competition and Cross Country Programs. The competition at this level is dynamic and nationwide!

PARKING & DROP-OFF: Parking is available at the Gwynedd Mercy Academy parking lot with a short walk to the track. **Parents dropping off their athletes may not enter the Track driveway and should stay on the access road. Parking at the track location or on the road by the track is not permitted and is for AOC coaches and staff only!** Parents who park at the track will be asked to move their vehicles to the school parking lot.

REST ROOMS: Port-o-Pots are available onsite at the Larry Wilson track.

SUPERVISION OF YOUNGER ATHLETES: Parents of children ages 9 and under should attend all practices and meets for child safety reasons.

WATER: Every athlete should bring an ample supply of drinking water with them to all practices and meets even on cool days. Drinking water is not provided by AOC – running water is not available onsite at the track.

PRACTICE ATTIRE: Athletes should wear comfortable, non-restrictive clothing to practice. The following attire is recommended/required for practice based upon weather conditions:

- Shorts, tee shirts
- Sneakers specifically designed for running and in good condition should be used to prevent injury

- **Sweat pants are required for warm ups & drills at every practice, regardless of temperature!** Sweat shirts are strongly recommended to keep athletes warm after practice or in case of sudden weather changes.
- Running spikes – may not be used at practice
- No head phones or inappropriate clothing may be worn at practice

Recommended retailers for running shoes, spikes, and gear:

Jenkintown Running Co. 1661 The Fairway Roslyn Jenkintown, PA 19046 (215) 887-2848	The Run Around Valley Shopping Center Easton & Woodland Roads Roslyn, PA (215) 886-6937	Born To Run 901 Bethlehem Pike Spring House, PA 19477 215-641-0410
---	---	---

Be sure to mention that you are an AOC athlete and a discount may come your way!

INCLEMENT WEATHER: A hotline is available for membership to call to learn if there is a change in practice schedule due to inclement weather: 215-619-2966. The hotline is updated approximately 30 minutes before practice to reflect cancellation or alternate plans.

CODE OF CONDUCT: Athletes are expected to be attentive and cooperative. Disruptive behavior, foul or abusive language, or inappropriate contact between athletes will not be permitted.

MEDICAL CONDITIONS: The Head Coach of each Program should be made aware of any medical conditions impacting an athlete such as but not limited to Asthma, Allergic Reactions (like to bee stings), Behavioral Issues, injuries, etc., and any prescribed medicines the Athlete may be carrying or requiring. Information will be kept confidential as required. AOC maintains a basic medical kit for minor injuries such as skin abrasions/cuts.

UNIFORMS: All AOC athletes competing in Developmental or AAU-sanctioned meets must wear an official AOC uniform. New uniforms are being introduced for the 2008 season. Athletes may wear old style uniforms at Spring Program Meets, but the new Uniforms will be mandatory for Summer AAU Competition Meets.

NEW UNIFORMS: Uniforms will no longer be purchased by The Club and stocked at the Track. The athlete and his/her parents are responsible to order Uniforms which take 6-8 to receive. The Uniform supplier will have samples available for inspection during our three Registration Dates. This will be the only opportunity to see, feel and touch them! We are working on a link from our website to order uniforms – scheduled to be available sometime in February. In the meantime, Uniforms may be ordered during Registration. Please see an AOC Membership representative for additional information.

QUESTIONS: If you have any questions or concerns about membership (e.g., fees, uniforms, AAU registration, meets), please speak with an AOC Membership representative at practices or send us an e-mail – e-mail addresses can be found on our website: ambleroc.org. All questions regarding athletic training, activities on the track, or meet placement, should be presented to one of the AOC Head Coaches before or after practice.

Volunteer Opportunities

It's no secret – we need your help!!!

AOC is again proud host of the first Spring Development Program Meet and the Mid-Atlantic Association Meet. There are numerous volunteer opportunities available for AOC parents this year and we encourage your participation. We invite you to put your special talent or skill to use to assist our club. For example, if you're a "people person," you'll love working in the concessions stand or selling tee shirts. Or maybe you're a technical wizard who enjoys computer design – you could help by preparing flyers and announcements for the community. You may be a recreational runner or track and field veteran yourself – feel free to talk to our Head Coaching staff to learn more about coaching assistance opportunities that may be available.

Some other areas of volunteer opportunity include assisting with travel arrangements, fund-raising, transportation, public relations, club promotions, and meet participation, just to name a few. The Mid-Atlantic Association Meets will require many hands to assist in all areas before and after the meet. Areas of need at the meets include assistance with tent construction, concession sales, shopping, event assistance, and many others.

In short, there are numerous opportunities for all and we request and appreciate your help. Our AOC family is respected nationwide for its ability to host these two great meets in great style – please join the fun with this great AOC tradition by volunteering your time and talent!

Look for volunteer opportunities to be posted as needs arise. AOC Membership representatives will be available at practices to advise on how you can help!

The largest beneficiaries of your involvement are the AOC athletes.

Thank you!