WELCOME & COACHING STAFF

Team leadership, coaching contacts and support roles

LEADERSHIP & CONTACTS

HEAD COACH & PRESIDENT

Leroy Mask | 757-813-0589

ADMIN & THROWS / STRENGTH COACH

Alesia Blizzard | 757-381-9939

COACHING & TEAM SUPPORT

COACHES

Fred-PT, Coach Lee, Coach Atkins, Coach Darin, Coach P

LONG JUMP LIAISON

Danielle "Coach D" McKinnon

MASTERS LIAISON

Carmella Marshall

ADMINISTRATIVE ASSISTANT

Niesha D.

Staff assignments remain in effect until further notice.

REGISTRATION & FEES

2026·2027 indoor season pricing

REGISTRATION FEE

UNIFORM INCLUDED	ADDITIONAL SIBLING	DOWN PAYMENT
$260	**$245**	**$75** (Upon receipt of invoice)

UNIFORM NOT INCLUDED	ADDITIONAL SIBLING	DOWN PAYMENT
$210	**$195**	**$50** (Upon receipt of invoice)

WHAT REGISTRATION INCLUDES

Meet registration fees and practice facility fees.
National and special meets may require additional fees.

INSTALLMENT PLAN

Payment can be made in installments, with the final payment **due by December 18th.**

IMPORTANT: VALID EMAIL REQUIRED

Please register with a valid email address. Invoices will be emailed.
Registration questions? Contact Admin A. Blizzard.

*** ALL REGISTRATION FEES ARE NON-REFUNDABLE.**

REQUIREMENTS & VOLUNTEERING

What families need to complete registration

REGISTRATION CHECKLIST

- Photocopy of birth certificate or DMV-issued ID
- Current AAU membership card
- Completed registration form
- Current sports physical

AAU MEMBERSHIP

Annual membership fee: $24.00
Purchase at www.aausports.org
HCA club code: U6HM3QEND

VOLUNTEER WITH HCA

Parents are welcome to help with fundraising, administration, and assistant coaching. If interested, contact Coach Alesia or Coach Mask.

PRACTICE & ATHLETE EXPECTATIONS

Be prepared, stay informed and arrive ready to train

PRACTICE TIME & LOCATION

Practice begins at 6:00 PM. Practice days and locations will be communicated through SportsEngine.

COMMUNICATION & CANCELLATIONS

SportsEngine is the primary communication channel.
Invitations follow registration; cancellations will be shared.

ATHLETE EXPECTATIONS

ATTIRE

Wear comfortable athletic clothing and running shoes. No jeans.

HYDRATION

Bring a water bottle to every practice. Avoid soda and sugary drinks; sports drinks may be used for recovery.

MEALS

Avoid heavy meals immediately before practice. A light snack after school and dinner after practice may be appropriate.

RECOVERY

Some muscle or joint soreness may occur when training begins. Notify coaches if pain continues.

TRACK MEET GUIDELINES

Important information for families and athletes

MEET INFORMATION

The tentative indoor meet schedule is provided separately. Dates and details are subject to change, and families will be notified of updates.

TRANSPORTATION & SUPPLIES

Parents are responsible for transportation to and from meets and for attending with their athlete unless prior arrangements are made. Plan to bring food, healthy snacks and water.

ADDITIONAL MEET FEES

Special, district, regional and national meets may require additional entry fees. Information will be provided closer to each meet.

SPIKES & GEAR

Running spikes are highly recommended for meets but are not mandatory. Options may be available from VS Athletics, First to the Finish, Play It Again Sports, Ross (seasonal) and Dick’s Sporting Goods.

IMPORTANT: SportsEngine

All team updates, including practices, meets, schedule changes and general information, will be shared through SportsEngine.

If you haven't received an invite via email for SportsEngine, please let Admin know.