



AAU Competitive Team 2025

Welcome to 419 Flyers!

Dear Parents,

We are excited to welcome you and your child to 419 Flyers! Our program is designed to provide young athletes with an opportunity to grow, both as competitors and individuals, in a structured and supportive environment. Track and field is more than just a sport—it teaches discipline, perseverance, and teamwork, all while keeping kids active and engaged.

We are committed to developing each athlete's skills while fostering a love for competition and self-improvement. Our structured practices and competitive opportunities allow athletes to push themselves, set goals, and work toward advancement at the district, regional, and even national levels. Beyond track, the training and conditioning involved in our program will benefit athletes in any sport they pursue.

We are looking forward to a great season filled with learning, growth, and fun. Thank you for allowing us to be a part of your child's athletic journey. If you have any questions, please don't hesitate to reach out.

See you at the track!

Christian Langston

Sports & Fitness Director, Ashland YMCA

Meet The Coaches



We are excited to have **Coach Logan Sharpe** joining the 419 Flyers Track Club for the 2025 season!

Coach Sharpe currently serves as the sprints and hurdles coach at Ashland University, where he is in his third year with the program. During his time at AU, he has guided the women’s 4x400-meter relay team to NCAA Division II All-American status both indoors and outdoors in 2022-23. Most recently, he coached senior Brenden Jackson to All-American honors in the men’s 400 hurdles in 2024.

Since 2016, Coach Sharpe has coached over 20 first-team All-Americans, showcasing his commitment to helping athletes achieve their highest potential.

Coach Sharpe is a 2013 graduate of Southern Connecticut State University and earned his master's degree there in 2015. We are thrilled to have him bring his knowledge, energy, and passion to our 419 Flyers athletes this season!



We are also excited to have **Coach Sarah Leveck** join the 419 Flyers Track Club for the 2025 season. With over 10 years of coaching experience, she currently teaches the boys and girls high jump programs at Ashland High School. Her passion for athlete development and expertise in field events make her a tremendous addition to our coaching staff.

Important Dates!

Registration	Season	Parent Meeting	Practices
Opens: April 10th Closes: May 10th	May 12th - July 26th	May 12th following 1st practice	5:30 PM - 6:30 PM Mon & Wed

Benefits of 419 Flyers Track Club

419 Flyers is dedicated to keeping youth active, promoting discipline, and fostering teamwork. Through participation in track and field events, young athletes are encouraged to stay physically engaged while developing a strong sense of focus and perseverance. The club emphasizes the importance of discipline, teaching athletes to stay committed to their training and goals. In addition, the track club fosters a sense of teamwork, where athletes support each other in both individual and relay events, building camaraderie and a positive, encouraging environment. Track also offers significant benefits to athletes who play other sports, providing a conditioning aspect that helps improve speed, strength, and overall fitness. By staying in shape through track, athletes can enhance their performance in other sports, ensuring they are always at their best. 419 Flyers helps youth grow not only as athletes but also as individuals, building skills that translate both on and off the field.

What to Expect

Athletes will have the exciting opportunity to compete in track and field meets throughout the season, with the potential to advance to regional competition and ultimately qualify for the AAU Junior Olympics. Participation in meets is encouraged but optional—athletes can attend based on their interest and availability.

Practices will be held **twice a week**, focusing on **skill development, conditioning, and event-specific training** to help athletes reach their full potential.

- **Practice Schedule:** Mondays & Wednesdays, 5:30-6:30 PM
- **Location:** Ashland Community Stadium, 1455 Hiner Ave, Ashland, OH 44805

Get ready to train hard, compete strong, and grow as an athlete!

Cost Breakdown

- Member price \$100*
- Non-Member price \$125*
 - Includes:
 - AAU membership fee
 - 419 Flyers Jersey (*please note: black shorts are required to be worn at all meets with this jersey.)
 - T-Shirt

PLEASE NOTE: There will be a \$20 fee per track meet for which your athlete registers to compete in.

Communication Info

- **Step 1:**
 - **Sign up for the program on the Y's website:**
<https://operations.daxko.com/programs/redirector.aspx?cid=5215&pid=26394&sid=367938>
- **Step 2:**
- Download the **SportsYou** app (available on the [App Store](#) and [Google Play](#)) and join the **419Flyers** club to receive reminders, updates, meet information, and messages from coaches.
This will be our primary method of communication throughout the season.
When prompted to join a club, select **YES** and enter the club code: **V5ME-SXUD**

419 Flyers AAU Track & Field Code of Conduct

At 419 Flyers, we believe in more than just athletic performance—we believe in building character, promoting respect, and creating a supportive team environment. All athletes, parents, and coaches are expected to uphold the following values throughout the season:

Athletes are expected to:

- Show respect to teammates, coaches, opponents, officials, and spectators at all times.
- Give their best effort at practices and meets, maintaining a positive attitude.
- Demonstrate good sportsmanship—whether winning or losing.
- Communicate responsibly with coaches about absences, injuries, or concerns.
- Avoid negative language, gestures, or behaviors that undermine the team.
- Refrain from any form of bullying, harassment, or exclusion.
- Take pride in representing 419 Flyers by caring for uniforms and equipment.

Parents & Guardians are expected to:

- Support their athletes by encouraging commitment, effort, and sportsmanship.
- Lead by example with respectful behavior toward coaches, officials, and other families.
- Trust coaches to coach and avoid offering sideline instruction during practices or meets.
- Communicate openly and respectfully with coaching staff when questions arise.
- Reinforce the team's expectations for behavior and participation.
- Help maintain a zero-tolerance environment for bullying, harassment, or discrimination.

Coaches are expected to:

- Create a safe, inclusive, and encouraging space for all athletes.
- Treat each athlete fairly and support their individual development.
- Foster a team-first mindset while promoting personal growth and discipline.
- Communicate clearly with families and set consistent expectations.
- Address any concerns, including those related to behavior or conduct, in a timely and appropriate manner.
- Uphold the values of the Ashland YMCA and 419 Flyers Track Club.

Our Stance on Bullying & Harassment

419 Flyers maintains a zero-tolerance policy for bullying, harassment, or discriminatory behavior of any kind—whether verbal, physical, emotional, or online. All athletes deserve to feel safe, respected, and included. Any incidents will be addressed immediately and may result in disciplinary action, including suspension or removal from the team.

Accountability

Every member of the 419 Flyers community—athletes, parents, and coaches—plays a role in creating a positive and respectful team culture. By participating in this program, individuals agree to support the

standards outlined above and help make 419 Flyers a place where athletes can grow in skill, confidence, and character.

Age Divisions

The athlete's **YEAR OF BIRTH** shall determine the appropriate age division for current year competition for all age divisions 8-Under through 15-16 Year Old. The date of birth shall be used to determine the appropriate age division for the 17-18 age divisions thus assuring that any athlete that **DOES NOT turn 19** before the last day of the National Championship competition is still eligible to complete.

DIVISION	2025
8 & UNDER	2017 & after
9 year old	2016
10 year old	2015
11 year old	2014
12 year old	2013
13 year old	2012
14 year old	2011
15-16 years old	2009-2010
17-18 years old	2007-2008

Athletes **MUST NOT** turn 19 before the final day of the National Championship competition. Athletes who are eighteen (18) years of age through the final day of the National Championship shall be eligible to compete in the 17-18 Year Old age divisions.

17-18 Year Old age division determined by the National Championship events below (by season) - Athletes **MUST** still be 18 through the final day of the events below.

- Cross Country – AAU Cross Country National Championship
- Indoor Track & Field – AAU Indoor National Championship
- Outdoor Track & Field – AAU Junior Olympic Games

Proof of age may be required at **District, Regional Qualifier, and National Championship** events and whenever required and/or challenged

- Acceptable forms
 - Original birth certificate, Notarized original birth certificate from the appropriate visiting authority, US Military Government Identification Card, Valid passport (not expired) and/or A valid US driver's license

Meet Schedule *tentative - may change

Date	Meet	Location	Travel	Register By
Sunday, May 25 th	Coach P Summer Games VII	Rogers High School, Toledo OH	1 Hr, 53 Mins	May 22 nd
Sunday, June 1 st	Columbus Panthers Invitational	Harley Field (1925 Stratford Way Columbus, OH	1 Hr, 17 Mins	May 28 th
Sunday, June 8 th	AAU Ohio District 1 Qualifier	Spartan Stadium (100 Calumet Avenue Lima, OH)	1 Hr, 43 Mins	June 4 th
Saturday, June 14 th -Sunday, June 15 th	AAU Lake Erie District Qualifier	Lyndhurst, OH at Brush HS	1 Hr, 14 Mins	June 9 th
Sunday, June 22 nd	AAU District 2 nd Qualifier (Taft HS)	Stargel Stadium (420 Ezzard Charles Drive Cincinnati, OH	2 Hrs. 52 Min.	
Thursday, June 26 th *if athlete qualifies-placed top 16 in	AAU Region 4 Qualifier	Edwards Maurer Field (Edwards-Maurer Field, Home Pl, Springfield, OH 45504)	1 Hr. 59 Mins	June 22 nd
Monday, July 28 th	AAU Junior Olympics	Greensboro, NC	7 Hrs. 20 Mins	

- ***Please note that there will be gate admissions at all meets, which parents and spectators will need to pay upon entry.***
- ***No athlete or club may participate in more than one regional qualifier meet to advance to the AAU Junior Olympic Games***

How does my athlete qualify for AAU Junior Olympics?

To qualify for the **AAU Junior Olympics**, your child needs to participate in **district** and **regional** meets. First, they must compete in a **district** meet and place in the **top 16** of their event to advance to the **regional** competition. At the **regional** meet, your child must place in the **top 5** for running, field, or relay events, or in the top 3 for multi-events, in order to secure a spot in the **AAU Junior Olympics**.

Events per age division

Age Division	Track & Field Events
8U division <ul style="list-style-type: none"> Maximum 3 Events 	100m Dash 200m Dash 400m Dash 800m Dash Long Jump Shot Put (4lbs) Turbo Javelin (300g) 1500m Run 4x100m Relay
9 & 10 years old division	100m Dash 200m Dash 400m Dash 800m Run 1500m Run 1500m Race-walk Long Jump High Jump Shot Put (6lbs) Turbo Javelin (400g) 4x100m Relay 4x400m Relay
11 & 12 years old division	100m Dash 200m Dash 400m Dash 800m Run 1500m Run 3000m Run 1500m Race-walk 80m Hurdles (8-30") Long Jump High Jump Discus (1.0kg) Shot Put (6lbs) Turbo Javelin (400g) 4x100m Relay 4x400m Relay 4x800m Relay
13 & 14 years old divisions <ul style="list-style-type: none"> Maximum 4 events 	100m Dash 200m Dash 400m Dash 800m Run 1500m Run 3000m Run 1500m Race-walk 80m Hurdles (8-30") Long Jump High Jump Discus (1.0kg) Shot Put (6lbs) Turbo Javelin (400g) 4x100m Relay 4x400m Relay 4x800m Relay

	400m Dash 800m Run 1500m Run 3000m Race-walk 200m Hurdles (5-30") 100m Hurdles (10-30" Girls) Long Jump Triple Jump High Jump Pole Vault
15,16,17 & 18 years old divisions <ul style="list-style-type: none"> Maximum 4 events 	100m Dash 200m Dash 400m Dash 800m Run 1500m Run 3000m Run 3000m Race-walk 400m Hurdles <ul style="list-style-type: none"> 10-30" Girls 10-36" Boys 110m Hurdles (10-39"Boys) 100m Hurdles (10-30" Girls) Long Jump Triple Jump High Jump Pole Vault Shot Put (4kg Girls) Shot Put (12lbs Boys) Discus (1.0kg Girls) Discus (1.6kg Boys) Javelin (600g Girls)

