

No Handouts Track & Field

Fee Breakdown

Uniform Package - \$50 (Package includes: Top & Bottom Uniform)

Annual Maintenance Fee - \$50 This fee helps cover facility costs, equipment upkeep, insurance, meet registration support, and coaching resources to ensure a high-quality experience for our athletes. It also contributes to technology, safety supplies, and administrative needs, allowing us to provide the best training environment. Your support keeps our club running smoothly and helps athletes reach their full potential.

AAU Registration - \$22 This registration covers the insurance coverage and allows athletes to participate in AAU sanctioned events as well as Jr. Olympics.

Total - \$122 The total **registration fee of \$122** is due by **April 20th** and includes the \$50 maintenance fee. Payments must be made in full to secure participation in the club.

Meet entry fees are not included in the registration fee.



NO HANDOUTS TRACK & FIELD SCHEDULE 2025

5.31

**5TH ANNUAL OTM MARY BIDWELL MEMORIAL
HOOVER HIGH SCHOOL – HOOVER, AL**

6.7

**** AAU SOUTHEAST DISTRICT
CHELSEA HIGH SCHOOL – CHELSEA, AL**

6.14

**ALABAMA STATE GAMES
CENTERPOINT HIGH SCHOOL – CENTERPOINT, AL**

6.19–22

*****2025 NIKE OUTDOOR NATIONALS
UNIVERSITY OF OREGON – EUGENE, OR**

6.21

**ALABAMA HEAT 10TH ANNUAL REGIONAL TUNE-UP
OXFORD SPORTS COMPLEX – OXFORD, AL**

6.25–28

*****AAU REGIONALS
HARDIN VALLEY ACADEMY – KNOXVILLE, TN**

7.12

**TITANS TUNE-UP
CHELSEA HIGH SCHOOL – CHELSEA, AL**

7.19

**PTC BLOWOUT
BOB JONES HIGH SCHOOL – MADISON, AL**

7.26–8.2

*****AAU JUNIOR OLYMPICS
HUMBLE HIGH SCHOOL – HUMBLE, TX**

**** MANDATORY
*** MUST QUALIFY**

Meet Fees

May 31st - 5th Annual OTM Mary Bidwell Memorial - \$25 - DL - 5/25/25

June 7th - AAU Southeast District - \$25 - DL - 6/5/25

June 14th - Alabama State Games - \$25 - DL - 6/8/25

June 25th - 28th - AAU Region 6 Qualifier - \$30 - DL - 6/10/25

July 12th - Titans Tune-Up - \$15 - DL - 7/9/25

July 19th - PTC Blowout - \$25 - DL - 7/16/25

July 26th - August 2nd - AAU Junior Olympics

*** Nike Nationals, Adidas Nationals and Junior Olympics Fees
will be discussed after Athlete is advanced***

Total Cost for 2025 Summer Schedule Meet Fees - \$145

Meet Fees can be paid upfront or by the deadline date of each track
meet unless specified to pay ASAP.

No Handouts Track & Field Information

Practice/Workouts

Monday – Thursday 5:00pm – 6:30pm

Locations:

Cornerstone High School

959 Huffman Rd

Birmingham, AL 35215

Refresh Family Church (Across the street – Hill Workouts)

117 12th Ct NW

Birmingham, AL 35215

May 12th - 1st Official Day of Practice

No Handouts Team Fundraiser

Double Good Popcorn is a Pop-Up store with a 4-day window for virtual fundraising. For every dollar you sell through the Double Good App, the team keeps 50%.

You can use the Double Good Popcorn Fundraising to pay for uniforms, registration and meet fees for the season. 100% of what the athlete raises will go towards that athlete regarding their fees.

I set up a Double Good virtual fundraiser! It's 100% contactless, we keep 50% of the profit and the product ships directly to the buyer. We'll each create a Pop-Up Store and sell Double Good popcorn! Prices for Signature Bags (5 cups each) start at \$11 and Curated Collections at \$31. The popcorn is ultra-premium, delicious, and award-winning!

Our fundraising window begins on April 21, 2025, at 4:00 PM and goes until April 25, 2025, at 4:00 PM.

Before the fundraiser begins:

1. Download the Double Good app
2. Enter our event code IYJHFD in the app
3. Create your Pop-Up Store

The app is available for free on iOS and Android.