



New Wave Track Team

Indoor Season 2026

Email: newwavetrackclub@gmail.com

The New Wave Indoor Season 2026!



We are ready for the Indoor Season! Our goals for this season remain the same and are simply **to teach New Wave athletes in a fun and safe atmosphere that encourages skill development, sportsmanship, camaraderie and healthy life habits.** This is the standard that New Wave has worked so hard to develop and maintain.

The indoor season will start on Tuesday, October 20th and will run through the first week of March. **The non refundable registration fee for indoor is \$250.** This fee covers administrative expenses, meet fees and a team tee shirt;

Additionally, the team may participate in some away and national competitions. Once our governing organization (Amateur Athletic Union (AAU)) releases the dates for those meets we will let you know. **Athletes may have to meet a qualifying standard to participate in national meets. There will be an additional fee for these meets.**

Practices:

- **Potomac High School (Inside & Outside)** - Practices will be held on Tuesdays and Thursdays starting Tuesday, October 20th. Practice will be from 6:00 pm - 7:30 pm. New Wave will follow PG County Schools for weather delays and/or closings. On warm winter days, practices will be held outside.
- **Ft Washington Park** - Conditioning training will be held at Ft Washington Park on Saturdays starting October 24th. These practices will be outdoor. We will maintain the Saturday schedule as long as the weather permits.

Please note, practices are important and determine performance. It goes without say that school is the first priority of the athletes. With that said, athletes should be at practice to progress in the sport. Although New Wave is a “developmental” team we are also a “competitive” team.

Track Meets: Once meet dates are available they will be shared with ample time to plan.

- Local meets will be held at the PG Sports and Learning Complex. Most of these meets will be held on Sundays.
- Non local meets can be held on Saturdays or Sundays.

Competition Gear - All athletes that will compete locally or away must have an official uniform that fits. **The uniform fee is \$120** (covers official uniform tops and warm up) **and must be paid for before they will be distributed.** Returning athletes that need replacement pieces (i.e., uniform top or warm up) will be able to order them with registration. All athletes over eight years old must have track spikes.

TeamSnap - Is our official communication tool. Once your registration is complete we will add to our team snap account. Updates for the week are made EVERY Sunday. Reminders and alerts will go out as required.

THANK YOU FOR CHOOSING THE NEW WAVE TRACK CLUB