



T3 Elite Training

Information for Parents and Athletes About Our Club

T3 Elite Training LLC use individual private sessions and semi-private sessions to help our clients achieve their goals. Coach T created the club in order to promote a consistent and holistic training environment for his athletes, in order to avoid inconsistencies in training cycles through various sport seasons. Additionally, this helps with getting to know the athlete's strength and weaknesses. T3 Elite Training Track Club is an AAU registered competitive club member in Columbus, Ohio. T3 Elite Training track club is an association formed for youth athletes who want to compete in track meets sanctioned by national organizations such as Amateur Athletic Union (AAU).

Our athletes come from diverse back- grounds and varying levels of track and field experience. Some join T3 Elite Training as seasoned runners who work to strengthen their abilities and continue their competitive journey. Others come with little to no experience but are filled with dedication and a passion for the sport. Regardless of expertise, all work hard to improve their own personal times in a supportive environment.

Our Affiliations

T3 Elite Training Track and Field Club is registered with The Amateur Athletic Union of the U.S., Inc. (AAU)- www.aaathletics.org. The Amateur Athletic Union (AAU) is one of the largest, non-profit, volunteer sports organizations in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs.



Our Coaches

Tonderai Tomu

Tonderai Tomu, affectionately known as “Coach T”, brings over two decades of experience in the track world as an athlete and coach. He graduated from DePaul University, a Big East Champion and NCAA Division One National Qualifier. He also competed for his native country Zimbabwe and still holds the Medley relay's national record. He has worked with a wide range of athletes from kindergarten to professional level athletes (NFL, IFL). He also has experience training children with learning disabilities. Coach T is currently coaching at The Wellington School. He has previously coached at Indiana Tech University, DePaul University, New Trier High School, and Lane Tech High School. He brings a vast amount of experience and enthusiasm to our coaching team. In his time at DePaul University and Indiana Tech University, he helped athletes win individual titles at the Big East Championship, WHAC Championship, and NAIA Championship.

Cristina Cross

Assistant coach Cristina Cross brings a vast amount of experience in the running world as an athlete and coach. She was a cross country athlete at Capital University in Columbus, Ohio where she earned a bachelor's degree in Integrated Mathematics and a minor in Coaching.

Coach Cristina has experience coaching cross country, soccer, and track at Mountain Vista Community School in Colorado. While in Colorado she became an active trail runner and qualified and competed in the Pikes Peak Ascent. At Mountain Vista she coached the cross-country team to three top two finishes in the Fountain invitational- their first team placements in school history. She led several runners to dropped times and top ten finishes in end of season championship meets. Currently, she is an assistant coach at The Wellington School, a 9th grade Algebra teacher at The Graham School, training for her first marathon, and loves sharing in the joy of running with the athletes and team at Wellington.

Maia Jefferson

Assistant coach Maia Jefferson brings experience as both a collegiate athlete and coach, along with a contagious attitude. Track and field has always been at the pinnacle of her love for Fitness. As an athlete, Maia specialized in the 200 m, 400 m, 4 x 400m relay. As a coach, she specializes in sprints, mechanics of sprinting, strength and conditioning training, and explosive training/plyometrics. She loves to help people facilitate growth.

Coach Maia is an alumnus of Tiffin University and a proud dragon who majored in business administration with a minor in exercise science. She specializes in sprints and strength and conditioning training. Back in her hometown of DC, Coach Maia works with her local track club the 747, and volunteers as a coach youth track in Tiffin, Ohio, to facilitate track meets for the local YMCA in the summer. Currently, she is in the final stages of receiving her personal training certification and her nutrition coach certification. Additionally, she is exploring her own fitness journey with bodybuilding. She has a passion for all things fitness and loves to explore the mind-body connection.

Our Founders

The Founders of T3 Elite Training share an unparalleled passion for Track & Field. They all have a history of being a dedicated athlete and experience coaching and inspiring youth. Their goal is to build an outstanding club that develops character, respect, and good sportsmanship.

Tonderai Tomu
Taylor Tomu

Our Philosophy

T3 Elite Training believes we have a responsibility to each athlete that goes beyond training and competitions. We believe it is our duty to use Track & Field as an opportunity to develop character, respect, and good sportsmanship. We will do this by teaching the T3 Elite Success Principles that are incorporated into practices.

T3 Elite Training Success Principles

The Founders and Coaches of T3 Elite Training Track and Field Club strive to instill the following principles into each athlete.

Building trust and leading by example
Supporting and making decisions that benefit the team as a whole
Inspiring drive and determination to perform
Developing skills while building friendships
Encouraging an internal competitive spirit
Fostering the will to win with humility
Celebrating everyone's successes and contributions
Embracing diversity and welcoming all
Handling all questions and concerns with patience and understanding

Our Training Process

Assessment

We assess the strengths and weaknesses of each athlete through observation of running technique, form, and execution of specific drills.

Planning

We develop a training plan for each athlete based on their assessment with individual goals and measurable KPIs

Implementation

We use isolation and focus to improve individual weaknesses and enhance strengths

Evaluation

We perform continuous and simple evaluations which are compared and incorporated throughout the season.

How to Join

Complete the T3 Elite Training Track and Field Club registration packet which includes the following forms:

1. Medical Acknowledgement, Waiver, and Consent and Release for Emergency Treatment
2. Parent/Guardian Profile
3. T3 Elite Training Registration
4. Participant Waiver Release
5. Use of Photograph

Submit payment with your registration packet. The registration fee is attached on the registration packet with an option of number of times you may decide to train for the summer (June 1st – August 31st), training facilities and coach's compensation. Fees are subject to change.

You can submit payment using our *Venmo, Zelle or in person to Coach T make all checks payable to T3 Elite Training LLC*

Register with the Amateur Athletic Union of the U.S., Inc. (AAU) at www.aaujrogames.org. Youth memberships are under \$20. T3 Elite Training AAU club number: **W3Y9AB**.

For those is for those planning to compete.

Both registrations must be renewed annually. You will receive a membership number and certificate. Please provide your numbers to Tonderai Tomu.

What Your Athlete Will Need

1. Your athlete will need the team uniform which consists of the: Track Uniform (top and shorts)
2. Track Warm Up Suit (jacket and pants) (Optional)
3. T3 Elite Training Backpack or duffle bag (Optional)

The uniform must be worn at all competitive meets. During the colder months, the warmup suits are recommended but you can always wear the ones you already have.

Running Shoes and Spikes

Athletes can wear any brand of running sneakers for practices and meets. We strongly recommend also purchasing youth spikes with plastic plates. We will assist you on deciding which spikes will be great for you.

Outdoor Season

T3 Elite Training’s outdoor season runs from May to August. All athletes will have the opportunity to participate in developmental meets starting in May. These meets are designed to prepare athletes for the championship season and to have the coaches evaluate athletes in an actual meet so that training can be adjusted to fit their needs. These meets are held primarily in Ohio. The outdoor track is 400m. The outdoor events are listed in the table below.

*****Age Restrictions apply to some events*****

Track Events	Field Events
<i>Sprints – 55m, 60m, 100m, 200, 400m</i>	<i>Long Jump</i>
<i>Mid-Distance – 800m</i>	<i>High Jump</i>
<i>Distance – 1500m, 3000m</i>	<i>Triple Jump</i>
<i>Steeplechase – 2000m</i>	<i>Shot Put</i>
<i>Relays – 4x100m, 4x400m, 4x800m</i>	<i>Discus</i>
<i>Hurdles – 80m, 100m, 110m, 200m, 400m</i>	<i>Turbo Javelin</i>

	<i>Javelin</i>
	<i>Combined Triathlon (9-10 years)</i>
	<i>Pentathlon (11-14 years)</i>
	<i>Heptathlon (15-18 years)</i>
	<i>Decathlon (15-18 years)</i>

******Other events we don't offer - Race walk – 1500m, 3000m & Pole Vault******

Championship Season

Championship Season runs from late June to early August. In order to participate in the Championship Season, an athlete has to qualify for one of the national competitions. This season is dedicated to training only those athletes who have qualified to compete at one or both of the Junior Olympics in late July or early August. Training will be tailored to sharpen skills and maximize performance in whatever events our athletes will compete on the national level. However, if you still want to train to stay in shape you are always welcome to join the groups.

Championship Qualifying Events

The AAU Region 1 National Qualifier is in late June. An athlete must finish top 6 in an open track event, top 5 in a field event, or top 4 in a relay or combined events to qualify for Nationals.

The AAU: The Junior Olympics

The AAU hold national competitions each year. During the Indoor Season, the national event is called the Indoor Youth National Championships. During the Outdoor Season, it is called the “Junior Olympics”. Generally, an athlete competes in a series of meets known as a “progression” in order to qualify to compete at national competitions. Typically, there is a Preliminary (local) Meet, then a State Meet, then a Regional Meet, and finally the National Meet. Athletes must place within a designated top tier (i.e., the “Top 8” or “Top 6”) in order to secure a spot to move onto the next round. At the Junior Olympics, the Top 8 make it “On to the Podium” to receive their medals and the Number One finisher wins the Gold Medal. AAU recognizes the Top 20 athletes with the “All American” title.

The Basics

What are Meets?

Track and field meets are competitions between two or more teams. Track clubs and individuals without teams (unattached) gather to compete in a series of events.

Meet Locations

Please refer to the calendar on the T3 Elite training website www.t3elitetraining.com for information on the updated meet schedule (date, time, location) for each season.

What are Divisions?

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability.

8 and under	Sub-Bantam
9-10	Bantam
11-12	Midget
13-14	Youth
15-16	Intermediate
17-18	Young

What to Bring to Meets

Be prepared! Meets are often all-day events. Come ready for a long day. The recommendations below will help you navigate meets with ease. Athletes should drink plenty of fluids and eat light prior to their events.

Food

While some facilities sell concession food, you may consider bringing your own. For your athlete, pack healthy food and snacks such as fruit, vegetables, sandwiches, and granola bars.

Beverages

In general, you are allowed to bring coolers into the facilities. Pack water and Gatorade.

Folding Chairs

Check the meet location. Some do not have many seats available, so it is advisable for you to bring your own. Parents often bring blankets or folding chairs that they carry on their shoulders.

First Aid

As a precaution, bring basic first aid items such as Band Aids, Neosporin, Antiseptic cleaner, and aspirin or Tylenol. It is not uncommon for athletes to get minor cuts and scraps if they fall. *(We usually have a team first aid kit on hand)*

“To uncover your true potential, you must first **find your own limits** and then you have to have the **courage to blow past them.**” – Picabo Street

Are you ready to - Put your goals to the test and let your body do the rest.

Contact Us:

www.t3elitetraining.com
ttomu@t3elitetraining.com

312-929-5176

2021 Track Schedule

May 15, 2021

Gail Blackwell Invitational
Spartan Stadium
Lima, Ohio

May 29, 2021

513 Elite Invitational
Cincinnati, Ohio

June 6, 2021

Columbus Panther Invitational
Franklin Heights High School
Columbus, Ohio

June 12, 2021

AAU District 1
Spartan Stadium
Lima, Ohio

June 19, 2021

AAU District 2
Franklin Heights High School
Columbus, Ohio

June 24 - 27, 2021

AAU Region 4 Qualifier
Fitch High School
Austintown, OH

July 10, 2021

40 West Hustle Invitational
Cincinnati, Ohio

July 17, 2021

Ohio Track Classic
Franklin Heights High School
Columbus, Ohio

August 1 - 7, 2021

AAU Jr Olympics
Humble High School
Humble, Texas