

JRAC Training LLC / JRAC Attack Policy Sheet

“Jump to Rise, Aim to Conquer”

1. Structure

JRAC Training LLC is the main business. JRAC Attack is the official AAU team name registered as a DBA under JRAC Training LLC. All payments (training, AAU, camps) are processed through the JRAC Training LLC business account.

2. Purpose

JRAC Training provides skill development, private lessons, and camps open to all players. JRAC Attack operates as our AAU program for competitive play across the Ohio Valley and nearby regions. Together, both divisions work to help athletes improve their skills, confidence, and opportunities.

3. Coaches & Trainers

JRAC coaches may train and coach players but must keep AAU team practices and JRAC training sessions separate. Training sessions are optional and not required for participation on any JRAC Attack team. All AAU practices and games must be supervised, scheduled, and covered under AAU insurance. JRAC Training sessions are covered by the LLC's business insurance and waivers.

4. Players & Parents

Participation on a JRAC Attack team does not require extra JRAC training sessions. Players may choose to attend JRAC Training sessions to develop their skills, but this is optional. All payments for AAU (team fees, uniforms, etc.) and training are tracked separately for clarity. Waivers must be signed for both JRAC Training and AAU activities.

5. Locations

Primary facilities include Keiser Gym in Barnesville, Ohio, and other gyms across the Ohio Valley region. Additional training or events may be held at nearby locations as scheduled.

6. Contact

Email: [jRACTraining@gmail.com](mailto:jractraining@gmail.com)

Website: [www.jRACTraining.com](http://www.jractraining.com)

Location: JRAC Training LLC – Ohio Valley
