



PO Box 645, Nampa, Idaho 83653-0645  
 www.SpikeUpAthletics.com

**Step 5 - AAU Membership – Do Not Complete Until Instructed By The Team Manager or Head Coach.**

A	AAU membership fees are \$22 per youth and \$35 per adult athlete, per competition year (September 1 to August 31 of the following year). Coaches and administrators who do not compete are required to carry a non-athlete membership (\$57 per adult).
B	If you are youth or adult athlete, <b>please ensure you purchase the extended coverage membership (AB) for the above noted prices.</b>
C	<b>Register for your membership using the full legal names of the athlete(s); do not use nicknames. We highly recommend that you only register/pay for a 1-year membership.</b>
D	<a href="#">Click on this link.</a> You will be redirected to AAU’s membership overview page.
E	<ul style="list-style-type: none"> <li>If registering a <b>YOUTH athlete</b>, look for the heading titled “ATHLETES (Individual)” and click “join now.” Then click on the “Get a Membership” box at the top of the page. Then click on “Youth Athlete Membership.” Then just answer the questions. <b>For “type of membership” please ensure you select “Track and Field (Cross County, Multi-Events).” When asked if the athlete is a member of a club, please ensure you select “yes” and enter our club code W3EFT5.</b></li> </ul>
F	<ul style="list-style-type: none"> <li>If registering as an <b>ADULT athlete</b>, look for the heading titled “ATHLETE (Individual)” and click “join now.” Then click on the “Get a Membership” box at the top of the page. Then click on “Adult Athlete Membership.” Then just answer the questions. <b>Please ensure you register as yourself and as an athlete. For “type of membership” please ensure you select “Adult Program” and “Track and Field (Cross County, Multi-Events).” When asked if you are a member of a club, please ensure you select “yes” and enter our club code W3EFT5.</b></li> </ul>
G	<ul style="list-style-type: none"> <li>If registering as a <b>non-competing coach or club administrator</b>, look for the heading titled “NON-ATHLETE (Individual)” and click “join now.” Then click on the “Get a Membership” box at the top of the page. Then click on “Non-Athlete Membership.” Then just answer the questions. <b>Please ensure you register as yourself and as a “Non-Athlete.” For “type of membership” please ensure you select “Youth Program” and “Track and Field (Cross County, Multi-Events).” When asked if you are a member of a club, please ensure you select “yes” and enter our club code W3EFT5.</b></li> </ul>

H	<p><b>If the athlete has never competed in club track prior to joining Spike Up Athletics or competed with another club prior to November 6, 2023</b>, please email a copy of the athlete's birth certificate to <a href="mailto:admin@spikeupathletics.com">admin@spikeupathletics.com</a>. Title the subject line with "Birth Certificate" <b>and</b> the athlete's last name. A copy of the birth certificate is not required for non-competing coaches and administrators. AAU does not age verify athletes upon purchasing a membership like USATF does. <b>AAU only age verifies when an athlete's age is contested at a meet; therefore, it's important that Spike Up be able to quickly produce a copy of the athlete's birth certificate to meet officials so that the athlete is not disqualified.</b></p>
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**PLEASE NOTE: It is very important that you do not miss steps 5H. Please double check before you log out of the AAU membership portal.**

**This concludes the registration process. Thank you for registering with Spike Up Athletics. We look forward to seeing you all on or at the track!**