



OKANAGAN ATHLETICS CLUB **REGISTRATION PACKAGE** **SPRING/SUMMER 2017**

REGISTRATION.

Registration for this session will be:

Date: Wednesday March 8th

Time: 5:00 – 7:00pm

Venue: Capital News Centre, Gordon Drive, Kelowna – Foyer.

Included in this package are the forms you will need to complete your registration.

This year we have 7 groups: Track Rascals, Junior Development, Middle Distance, Power/Speed, Masters, High Performance A and High Performance B. If you are unsure which group you or your child should be training with or if you have any questions, please contact our head coach Pat (eledding@shaw.ca) who will be happy to advise you.

New this year: Online registration is available: www.trackiereg.com/OACS

SEASON DATES.

Our Spring/Summer season begins on **Monday April 3rd for all groups, except Track Rascals who begin on Monday April 10th.**

Our last practice will be **Monday/Wednesday June 26/28th** for the track rascals and **Wednesday July 19th** for all other groups.

Athletes competing at National and International events after July 12th should make training arrangements with their personal coaches.

SEASON GUIDELINES.

Athletes are asked to arrive for practice on time. If, for any reason you will be late or cannot make it to a practice, please inform your coach. Whilst training outside, athletes should dress warmly in layers and bring a water bottle. A good pair of running shoes is also essential. We recommend gloves for the younger athletes at the beginning of the season when the evenings are still relatively cool.

Parents: please collect your athletes on time at the end of each practice.

TRAINING INFORMATION.

TRACK RASCALS. (6-8 yrs)

The Track Rascals will practice at the **Apple Bowl** every **Monday or Wednesday 5 – 6:30pm.**

This year Track Rascals are able to train on both days if they wish – see registration form for fees.

JUNIOR DEVELOPMENT. (9-13 yrs)

Our Junior Development athletes will train at the **Apple Bowl** every **Monday and Wednesday 5-7pm** and every **Saturday from 10-12 noon.**

POWER/SPEED GROUP (Sprints, Sprint Hurdles Jumps and Throws)

All senior athletes who wish to train for sprinting, hurdles, jumps and throws will train in the Power/Speed group. Training will be at the **Apple Bowl** every **Monday and Wednesday 6-8:30pm** and **Saturday 10-12 noon.**

MASTERS GROUP (Sprints, Sprint Hurdles Jumps and Throws)

All masters athletes who wish to train for sprinting, hurdles, jumps and throws will train in the Power/Speed group. Training will be at the **Apple Bowl** every **Monday and Wednesday 6-8:30pm** and **Saturday 10-12 noon.**

MIDDLE DISTANCE GROUP.

Practice will be Monday 5-6:30 (apple bowl), Thursday 5-6:30 (off track) and Saturday 10-12noon (apple bowl)

SUPPLEMENTAL TRAINING. (Power/Speed Senior Athletes) - beginning April 13th

Supplemental training will be Thursday 7-8:30 at the Apple Bowl and Sunday 10-11:30 Locations TBD

HIGH PERFORMANCE TRAINING GROUPS A & B.

By invitation from the Head Coach only. Minimum performance standards required

HOLIDAY DAYS.

Easter weekend (Friday April 14th – Monday April 17th) – all practices as normal.

There will be no supplemental training on Sunday April 16th (Easter Sunday)

Monday May 22nd – No Practice for all groups.

Wednesday May 24th – No practice for Track Rascals.

Monday July 3rd – No practice.

MEETS.

Below is a list of meets available to our athletes this season:

April 21st: **Twilight meet #1 – Kelowna**

May 12-13: Kamloops (Dylan Armstrong Classic)

May 26: **Twilight meet #1 - Kelowna**

June 10-11: Coquitlam (Jesse Bent)

June 16-18: Langley (Langley Pacific)

June 16-18: Langley (BC Masters Outdoor Championships)

June 24th: Maple Ridge (J.D. Pentathlon)

June 30- July 2: Jack Brow – Kelowna

July 6-9: Nationals (Jr. & Snr.)

July 8-9: Burnaby (Trevor Craven)

July 14-15: Coquitlam (BCA Championships Jamboree)

July 21-23: Kelowna (BCA J.D. Championships)

July 19-23: Commonwealth Youth Games
(Nassau, Bahamas)

July 21-23: Francophone Games
(Abidjan, Ivory Coast)

July 21-23: Pan Am U20 (Lima, Peru)

July 28-August 5: Canada Games

**Aug 11-13: Masters Outdoor National
Championships (Toronto)**

August 19-30: FISU (Taipei, Chinese Taipei)

September 12-16: Vernon (BC 55+ Games)

MEET INFORMATION.

New this year: athletes will register for meets themselves via trackiereg. Details will be sent by email. Please note that late registration will incur late fees.

For any athlete who does not have access to a computer or doesn't have a credit card to register online, Teena Russell will complete the registration for you. There will be a \$5 admin charge for this service.

There will be no coaching fee for out of town meets this year.

We have negotiated group rates with the Sandman Hotels for all of the meets the club will be attending.

Further information will be sent with the meet registration information.

FUNDRAISING.

Fundraising is important to our club and we require all athletes to be involved. This year we are holding a raffle. Each athlete/family will purchase 20 (J.D.) or 30 (Senior) raffle tickets at registration, which you can sell to recoup your money or keep to win one or more of the fabulous prizes we have on offer.

VOLUNTEERING.

The club relies heavily on volunteers for it's success. We ask that every family gives at least 20 volunteer hours during the course of the season. We especially need volunteers at our twilight meets and Jack Brow meet (June 30th - July 2nd) and ask that at least 10 of your 20 volunteer hours are completed at the Jack Brow meet. This year, we are also hosting the BC Athletics Junior Development Championships (July 21-23) and will need volunteers for this. We take a volunteer bond of \$200 in the form of a cheque post-dated to September 30th 2017. This cheque will only be cashed if you **do not** complete the required hours. Our volunteer coordinator is Andrea O'Neill who can be contacted at andreaoneillv2@gmail.com

As always please do not hesitate to contact me if you have any questions.

We are looking forward to another successful and enjoyable season.

Karen Hatch

Okanagan Athletics Club Manager.

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