



APRIL 14, 2017



VOLUME 2, NUMBER 2

"personal
excellence through
athletics"

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April News.....

Practice will be as normal over the Easter weekend with the exception that there will be **no** supplemental training on Easter Sunday.

Please note that the J.D. practice has been cancelled for Easter Monday (17th)

Raffle Tickets: If you haven't already collected your raffle tickets, please see Karen at the track between 5 & 7pm on Monday or Wednesday. All completed stubs should be returned to Karen on or before Wednesday June 14th. The draw takes place at the Jack Brow on Sunday July 2nd at 12 noon.

Training T-Shirts: The T-Shirts have been ordered and should be available in the next couple of weeks. The extra winter t-shirts have finally arrived. Athletes who didn't get a shirt in the winter and replied to the email with their size please see Karen at any Monday or Wednesday practice. Apologies for the delay.

Competition Singlets: if you haven't ordered a competition singlet, you need to see Karen by April 21st to order one as they take 6 weeks to arrive. We only have limited supplies in stock, so see Karen as soon as possible. If you ordered one online Karen will let you know when it arrives. Singlets are \$45.

Volunteer Cheques: The club relies heavily on volunteers for its 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

Please bring your postdated cheque by Wednesday April 19th - to date I have only received 7!

JACK BROW VOLUNTEER SIGN UP IS NOW OPEN

Please follow this link and sign up as soon as possible in order to secure the best spot(s)! <http://signup.com/go/DHoz1h>

Twilight meet volunteer signup sheets are on the notice board at the track. Please add your name if you are available. Meet #1 is Friday April 21st. Meet #2 Friday May 26th.

Meets: New this year..... athletes are to register themselves for meets via "trackiereg" Meet details and links will be emailed to everyone. For anyone who is unable to register online should contact Teena Russell, ttrussell@shaw.ca and she will register you/your child. There is a \$5 charge in addition to the regular meet fee for this. Teena is at the track every Monday and Wednesday between 6 and 7pm.

Twilight meet #1 registration is now open online:

<https://www.trackie.com/online-registration/register/oac-twilight-meet-1/8780/>

Please contact Karen or Teena if you have any questions.

The first out of town meet of the season is the Dylan Armstrong Classic in Kamloops May 5th and 6th (please note the change of date) All information for this meet including registration information can be found on this link:

<http://kamtrack.ca/2017-dylan-armstrong-classic-meet-information>

ITEMS FOR SALE:

Men's size 12 spikes (New) - \$90



Ladies medium competition singlet (used) - \$40

Please see Karen at practice or email manager@okac.ca if you are interested in purchasing any of these items.

