



ATHLETICS CLUB

OKANAGAN ATHLETICS CLUB **REGISTRATION PACKAGE** **WINTER 2018**

Registration is now open for the winter session of our fall/winter season.

Registration is online at www.trackiereg.com/2018-OACS.

There will be 3 methods of payment:

1. Online at trackiereg.com with a credit card (there is a small processing fee for payment by this method)
2. By e-transfer to Paul Selzer at president@okac.ca
3. In person at the track on the first day of practice (January 3rd) by cash or cheque.

If you wish to pay in installments, please contact Karen at manager@okac.ca or 250 862 6039 (text or call)

Installments will be in the form of postdated cheques. All cheques must be received by the athlete's first practice.

Please note: OAC has adopted a "No Pay, No Play" policy whereby OAC fees that have not been paid in full (or whereby a pre-approved payment plan is not in place) by the athlete's 1st training session of the season, then that OAC member will NOT be allowed to train with OAC.

Included in this package is our 2018 schedule and fee structure. 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 Sima-Ledding (eledding@shaw.ca) who will be happy to advise you.

SEASON DATES.

Winter season dates:

Track Rascals: Monday/Wednesday Monday/Wednesday January 8th/10th - Monday/Wednesday March 5/7th

Junior Development: Wednesday January 3rd - Wednesday March 7th

Power/Speed: Wednesday January 3rd - Wednesday March 7th

Middle Distance:

There will be NO practices for all groups on Monday February 12th.

Please check the calendar on our website regularly for updates: <http://okac.ca/calendar/>

SEASON GUIDLINES.

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. Please bring a water bottle.

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 CNC on Gordon Drive every Monday *or* Wednesday 4:00 – 5:30pm

Track Rascals can train on both days if they wish. (extra fee)

there will be NO practice for Track Rascals on:

Monday February 12th and Wednesday February 14th

JUNIOR DEVELOPMENT. (9-13 yrs) TRACK AND FIELD

Our Junior Development athletes will be training at the **CNC on Gordon Drive** every **Monday and Wednesday 4:00 – 5:30pm.**

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 **CNC on Gordon Drive** every **Monday and Wednesday 5:30 – 7:30pm and Saturday 10 – 12 noon.**

MIDDLE DISTANCE GROUP.

Details to follow.....

MEET INFORMATION.

All athletes must register for any winter indoor track meets via trackiereg.com
Details will be sent out via email. Please note the entry deadlines as late entries incur a large fee.

FEES

Age on Dec. 31 st 2018	Membership Type	BCA Fee	OAC Training Fee		Total Training Fees	
6-8 (2012 - 2010)	Track Rascals	\$15.00	\$75 (1 day)	\$110 (2 days)	\$90.00	\$125.00
9-13 (2009 - 2005)	Junior Development	\$60.00	\$150.00		\$210.00	
13 (2005)	J.D. Athletes training with Power/Speed group (by invitation only)	\$60.00	\$250.00		\$310.00	
13 (2005)	J.D. Athletes training with Middle Distance group (by invitation only)	\$60.00	\$200.00		\$260.00	
14 (2004)	Midget	\$70.00	\$250 (p/s)	\$200 (m/d)	\$320.00	\$270.00
15 (2003)	Midget	\$73.50	\$250 (p/s)	\$200 (m/d)	\$323.50	\$273.50
16-39 (2002 - 1983)	Youth/Junior/Senior	\$94.50	\$250 (p/s)	\$200 (m/d)	\$344.50	\$294.50
18-22	Post Secondary	\$73.50	\$250 (p/s)	\$200 (m/d)	\$323.50	\$273.50
35+	Master	\$63.00	\$150.00		\$213.00	
All ages	3 x trial membership	\$15.75	\$34.25		\$50.00	

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

Karen Hatch

Okanagan Athletics Club Manager.

www.okac.ca

manager@okac.ca

250 862 6039

