



REGISTRATION PACKAGE **SPRING/SUMMER 2018**

REGISTRATION.

Registration for this session will be online at: www.TrackieReg.com/OACS

Registration opens **Monday February 26th**

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 etransfer to Paul Selzer at president@okac.ca
3. In person at the track on the first day of practice 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.

We have 5 groups: Track Rascals, Junior Development, Middle Distance, Power/Speed, and Masters. 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.

SEASON DATES.

Our Spring/Summer season begins on **Wednesday April 4th for all groups, except Track Rascals** who begin on **Monday April 9th / Wednesday April 11th**

Our last practice will be **Monday/Wednesday June 25th / 27th** for the track rascals and **Wednesday July 25th** for the J.Ds. The senior athletes' last practice will be **Wednesday July 18th**.

Athletes competing at National and International events after July 18th 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) – Start Date: Monday April 9th/Wednesday April 11th

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

Track Rascals can train on both days if they wish – see registration form for fees.

JUNIOR DEVELOPMENT. (9-13 yrs) – Start Date: Wednesday April 4th

Our Junior Development athletes will train at the **Apple Bowl** every **Monday and Wednesday 5-7pm** and every **Saturday from 9-11am.**

POWER/SPEED GROUP (Sprints, Sprint Hurdles Jumps and Throws) – Start Date: Wednesday April 4th

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 11am-1pm**.

MASTERS GROUP (Sprints, Sprint Hurdles Jumps and Throws) – Start Date: Wednesday April 4th

All masters athletes who wish to train for sprinting, hurdles, jumps and throws will train with the Power/Speed group. Training will be at the **Apple Bowl** every **Monday and Wednesday 6-8:30pm and Saturday 11am-1pm**.

MIDDLE DISTANCE GROUP. – Start Date: Thursday April 5th

Practice will be Monday 5-6:30 (apple bowl), Thursday 4-5:30 (off track) and Saturday 9-10:30 am

** Please note that the Thursday practices may change to Wednesdays 5:00-6:30pm for the months of June & July.

SUPPLEMENTAL TRAINING. (Power/Speed Senior Athletes) - beginning April 19th

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

HOLIDAY DAYS.

Monday May 21st – No Practice for all groups.

Wednesday May 23rd – No practice for Track Rascals.

Monday July 2nd – No practice for all groups.

Wednesday July 4th – No practice for Track Rascals.

MEETS.

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

April 12: **Twilight meet #1 – Kelowna**

May 4-5: Kamloops (Dylan Armstrong Classic)

May 11: **Twilight meet #1 - Kelowna**

June 9-10: Coquitlam (Jesse Bent)

June 15-17: Langley (Langley Pacific)

June 15-17: Langley (BC Masters Outdoor Championships)

June 23: Surrey (J.D. Pentathlon)

June 29- July 1: Jack Brow – Kelowna

July 5-8: Nationals (Jr. & Snr.) - Ottawa

July 7-8: Burnaby (Trevor Craven)

July 13-15: Coquitlam (BCA Championships Jamboree)

July 13-15: Coquitlam (National youth track and field championship team trials)

July 19-22: Cowichan Valley (2018 BC Summer Games)

July 27-29: Kelowna (BCA J.D. Championships)

Aug 3-5: Masters Outdoor National Championships (Surrey)

Aug 10-12: Canadian Legion Youth Track & Field championships – Brandon, MB

Aug 10-12: NACAC Senior Championships – Toronto.

September 11-15: Kimberly (BC 55+ Games)

MEET INFORMATION.

Athletes should 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.

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.

UNIFORMS.

Included in your registration fee is a training t-shirt. It is important to indicate your size at registration, or we can not guarantee that we will have a shirt for you.

A competition singlet is required for meets. These, along with track suits, hoodies and other apparel can also be

purchased via our online store on our website. <https://squareup.com/store/okac>

FUNDRAISING.

Fundraising is important to our club and we require all athletes to be involved. Our major fundraiser is our summer 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. We will also be holding additional fundraisers throughout the year in which we encourage all athletes to participate.

VOLUNTEERING.

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 29th - July 1st) 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 27-29) and will need volunteers for this. We take a volunteer bond of \$200 in the form of a cheque post-dated to September 30th 2018. 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.

www.okac.ca

manager@okac.ca

250 862 6039

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	\$135 (1 day)	\$205 (2 days)	\$150.00	\$220.00
9-13 (2009 - 2005)	Junior Development	\$60.00	\$355.00		\$415.00	
13 (2005)	J.D. Athletes training with Power/Speed group <i>(by invitation only)</i>	\$60.00	\$445.00		\$505.00	
13 (2005)	J.D. Athletes training with Middle Distance group <i>(by invitation only)</i>	\$60.00	\$415.00		\$475.00	
14 (2004)	Midget	\$70.00	\$445 (p/s)	\$415 (m/d)	\$515.00	\$485.00
15 (2003)	Midget	\$73.50	\$445 (p/s)	\$415 (m/d)	\$518.50	\$488.50
16-34 (2002 - 1984)	Youth/Junior/Senior	\$94.50	\$445 (p/s)	\$415 (m/d)	\$539.50	\$509.50
18-22	Post Secondary	\$73.50	\$445 (p/s)	\$415 (m/d)	\$518.50	\$488.50
35+	Master	\$63.00	\$350.00		\$413.00	
Age 13+	Supplemental Training		\$315.00		\$315.00	
All ages	3 x trial membership	\$15.75	\$34.25		\$50.00	
*Athletes 9+	Raffle Tickets				\$100.00	
*Athletes 14+	Raffle Tickets				\$150.00	

- Please note only 1 book of tickets per family (amount determined by *oldest* athlete)

- There is a 15% discount for a 2nd sibling and 30% for 3rd + this will be applied automatically on registration.