



## REGISTRATION INFORMATION FALL/WINTER 2020/21

Welcome back to our fall/winter cross country and track & field season.

**Registration will be online at [www.trackiereg.com](http://www.trackiereg.com) for the Fall session and will open on Friday September 4<sup>th</sup>.**  
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 Brad Heinzman at [president@okac.ca](mailto:president@okac.ca)
3. In person at the track on the first day of practice by cash or cheque.

Included in this package is our 2020/2021 schedule and fee structure. If you are unsure which group you or your child should be training with or if you have any questions regarding the training programs, please contact our head coach Pat Sima-Ledding ([headcoach@okac.ca](mailto:headcoach@okac.ca)) who will be happy to advise you.

### **SEASON DATES.**

The Fall/Winter season will look a little different this year. We will be splitting the season into 3 as follows:

Fall session: Wednesday September 23<sup>rd</sup> – Monday November 2<sup>nd</sup>

Winter session: Wednesday November 4<sup>th</sup> – Monday December 14<sup>th</sup>

Competitive season: Wednesday January 6<sup>th</sup> – Wednesday March 3<sup>rd</sup>

We will also have a Junior Development and Senior Cross-Country team who will train from Sunday September 13<sup>th</sup> until Tuesday October 20<sup>th</sup>.

***There will be NO practices for all groups on Monday October 12<sup>th</sup>, Wednesday November 11<sup>th</sup>, and Monday February 15<sup>th</sup>.***

**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. While training outside, athletes should dress warmly in layers and bring a water bottle. Waterproof clothing is also recommended in case of rain.

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

### **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.

### **MEET INFORMATION.**

There are no meets for the remainder of 2020 (unless the provincial cross-country championships go ahead). All athletes will have a BC Athletics training membership. **If they wish to compete in any competitions that may go ahead, then an additional fee of between \$44.25 and \$78.75 (depending on age) to upgrade to a competitive membership will be required.** Information regarding meets for 2021 will be sent out via email.

### **FALL/WINTER FUNDRAISING.**

Fundraising is important to our club and we require all athletes to be involved. We will once again have our winter raffle. Each athlete/family will purchase 10 raffle tickets at registration (\$50) per session which you can sell to recoup your money or keep to win one or more of the fabulous prizes we have on offer.

## TRAINING INFORMATION.

**TRACK RASCALS. (6-8 years: 2014-2012 for fall and winter sessions – 2015-2013 for the ‘competitive’ season) Please note that the Track Rascal program is a non-competitive program.**

The Track Rascals will practice at the **Apple Bowl** every **Monday or Wednesday 4:00 – 5:30pm**  
Track Rascals can train on both days if they wish. (extra fee)

*In addition to the list above, there will be NO practice for Track Rascals on Wednesday February 17<sup>th</sup>:*

**JUNIOR DEVELOPMENT – CROSS COUNTRY. (9-13 years: 2011-2007)**

The Junior Development cross country program will run from **Sunday September 13<sup>th</sup>** until **Tuesday October 20<sup>th</sup>**.

Practices will be **Tuesdays 4:30-6:00pm** and **Sundays 10:00-11:30am** – locations TBD

The provincial cross-country championships will be Saturday October 24<sup>th</sup> (if they go ahead)

**JUNIOR DEVELOPMENT TRACK AND FIELD. (9-13 years)**

Our Junior Development athletes will be training at the **Apple Bowl** 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 **Apple Bowl** every **Monday and Wednesday 5:45 – 7:45pm** and **Saturday 10 – 12 noon**. (location to be announced)

**SENIOR CROSS COUNTRY/MIDDLE DISTANCE GROUP.**

Cross Country training: **Mondays 5:45-7:45, Tuesdays 4:30 – 6:00pm** and **Sunday 10:00 – 11:30am** beginning **Sunday September 13<sup>th</sup>** until **Tuesday October 20<sup>th</sup>**. (locations to be announced)

The provincial cross-country championships will be Saturday October 24<sup>th</sup> (if they go ahead)

Middle distance training: **Monday and Wednesday 5:45 – 7:45pm** and **Saturday 10 – 11:30am**. (location to be announced)

**FEES: Cross Country (September 13<sup>th</sup> – October 20<sup>th</sup>) register at [www.trackiereg.com/OACS-Fall2020](http://www.trackiereg.com/OACS-Fall2020)**

Age on Dec. 31 <sup>st</sup> 2020	Membership Type	*BCA Fee	OAC Training Fee	Raffle Tickets	Total Training Fees
9-13 (2011 - 2007)	Junior Development (x-country)	\$15.75	\$135.00	\$50.00	\$185 + BCA fee if applicable
14+ (2006+)	Senior Cross Country	\$15.75	\$150.00	\$50.00	\$200 + BCA fee if applicable

**Track & Field Fall Session (September 23<sup>rd</sup> – November 2<sup>nd</sup>) register at [www.trackiereg.com/OACS-Fall2020](http://www.trackiereg.com/OACS-Fall2020)**

Age on Dec. 31 <sup>st</sup> 2020	Membership Type	*BCA Fee	OAC Training Fee	Raffle Tickets	Total Training Fees
6-8 (2014 - 2012)	Track Rascals	\$15.00	\$55 (1 day)   \$75 (2 days)	N/A	\$70 (1 day)   \$90 (2 days)
9-13 (2011 - 2007)	Junior Development (track & field)	\$15.75	\$135.00	\$50.00	\$185 + BCA fee if applicable
13 (2007)	J.D. Athletes training with Power/Speed group (by invitation only)	\$15.75	\$160.00	\$50.00	\$210 + BCA fee if applicable
13 (2007)	J.D. Athletes training with Middle Distance group (by invitation only)	\$15.75	\$160.00	\$50.00	\$210 + BCA fee if applicable
14+ (2006 +)	Power/Speed Group	\$15.75	\$160.00	\$50.00	\$210 + BCA fee if applicable
14+ (2006 +)	Middle Distance Group	\$15.75	\$160.00	\$50.00	\$210 + BCA fee if applicable

**FEES: Winter session: November 4<sup>th</sup> – December 14<sup>th</sup> register at [www.trackiereg.com/OACS-Winter2020](http://www.trackiereg.com/OACS-Winter2020)**

Age on Dec. 31 <sup>st</sup> 2020	Membership Type	*BCA Fee	OAC Training Fee		Raffle Tickets	Total Training Fees	
6-8 (2014 - 2012)	Track Rascals	\$15.00	\$55 (1 day)	\$75 (2 days)	N/A	\$70 (1 day)	\$90 (2 days)
9-13 (2011 - 2007)	Junior Development (track & field)	\$15.75	\$135.00		\$50.00	\$185 + BCA fee if applicable	
13 (2007)	J.D. Athletes training with Power/Speed group <i>(by invitation only)</i>	\$15.75	\$160.00		\$50.00	\$210 + BCA fee if applicable	
13 (2007)	J.D. Athletes training with Middle Distance group <i>(by invitation only)</i>	\$15.75	\$160.00		\$50.00	\$210 + BCA fee if applicable	
14+ (2006 +)	Power/Speed Group	\$15.75	\$160.00		\$50.00	\$210 + BCA fee if applicable	
14+ (2006 +)	Middle Distance Group	\$15.75	\$160.00		\$50.00	\$210 + BCA fee if applicable	

\*Athletes who participated in our fall/winter 2019/20, 2020 online training or 2020 outdoor training will not need to pay this fee. Athletes who registered for the spring/summer program that was cancelled will also not pay the BCA fee.

**FEES: Competitive season: Wednesday January 6<sup>th</sup> – Wednesday March 3<sup>rd</sup> [www.trackiereg.com/OACS-2021](http://www.trackiereg.com/OACS-2021)**

Age on Dec. 31 <sup>st</sup> 2021	Membership Type	*BCA Fee	OAC Training Fee		Raffle Tickets	Total Training Fees	
6-8 (2015 - 2013)	Track Rascals	\$15.00	\$55 (1 day)	\$75 (2 days)	N/A	\$70 (1 day)	\$90 (2 days)
9-13 (2012 – 2008)	Junior Development (track & field)	\$60.00	\$135.00		\$50.00	\$245.00	
13 (2008)	J.D. Athletes training with Power/Speed group <i>(by invitation only)</i>	\$60.00	\$160.00		\$50.00	\$270.00	
13 (2008)	J.D. Athletes training with Middle Distance group <i>(by invitation only)</i>	\$60.00	\$160.00		\$50.00	\$270.00	
14 (2006)	U16	\$70.00	\$160		\$50.00	\$280.00	
15 (2005)	U16	\$73.50	\$160		\$50.00	\$283.50	
16-34 (2004 - 1986)	U18/U20/Senior	\$94.50	\$160		\$50.00	\$304.50	
18-22 (2003 -1999)	Post Secondary	\$73.50	\$160		\$50.00	\$283.50	
35+	Master	\$63.00	\$160		\$50.00	\$273.00	

*There is a 15% discount for a 2<sup>nd</sup> sibling and 30% for 3<sup>rd</sup> + this will be applied automatically on registration.*

\*Athletes who registered for the spring/summer season in Feb/March of 2020 will receive a 25% discount on this fee.

**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. Additionally, any athlete with outstanding fees from any previous seasons will not be allowed to train unless a payment plan is in place.**