



REGISTRATION PACKAGE SUMMER 2021

REGISTRATION

Registration for this season will be online at: www.trackiereg.com/OACS-Summer2021

Registration opens Monday February 15th 2021

2021 Summer training fee schedule

Junior Development

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee		Total Fees	
6-8 (2015- 2013)	Track Rascal	\$15.00	\$135.00 (1 day)	\$205.00 (2 days)	\$150.00 (1 day)	\$220.00 (2 days)

Junior Development

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
9-13 (2012- 2008)	JD	\$15.75	\$365.00	\$150.00	\$530.75

Middle Distance

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2008)	JD Athletes training with the Middle Distance Group <i>(by invitation only)</i>	\$15.75	\$425.00	\$150.00	\$590.75
14+ (2007-1987)	U16/U18/U20/Senior/Post-Secondary)	\$15.75	\$425.00	\$150.00	\$590.75
35+ (1986)	Master	\$15.75	\$335.00	\$150.00	\$500.75

Power/Speed

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2008)	JD Athletes training with the Power/Speed Group <i>(by invitation only)</i>	\$15.75	\$455.00	\$150.00	\$620.75
14+ (2007-1987)	U16/U18/U20/Senior/Post-Secondary)	\$15.75	\$455.00	\$150.00	\$620.75
35+ (1986)	Master	\$15.75	\$360.00	\$150.00	\$525.75

Supplemental Training (Power/Speed group)

Age on Dec 31 st , 2021	Membership Type	Training Fee	Total Fees
14+ (2007 -)	U16/U18/U20/Senior/Post-Secondary/Master)	\$315.00	\$935.75 (\$620.75+\$315.00)

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
3. By monthly installment via e-transfer to Brad (see #2) The first e-transfer must be received prior to the first practice (April 7th) and then on the 1st of each month (May, June, and July)
4. By monthly installment via postdated cheques. All cheques must be brought to the first practice (April 7th) and be dated April 7th, May 1st, June 1st, and July 1st.

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 first training session of the season, then that athlete will NOT be permitted to receive online training. Additionally, any athlete with outstanding fees from any previous season(s) will not be permitted to receive online training unless a payment plan is in place.



Annual BC Athletics Fee

Athletes who were registered for the 2020 fall or winter program, or the 2021 winter outdoor season will not need to pay the BCA fee of \$15.75 again. However, any athlete wishing to compete in 2021 will need to upgrade to a competitive membership. An additional fee is required for this. Details will be sent as soon as competition information is received.

Spring/Summer Fundraising

Fundraising is important to the function of our club and we require all athletes to be involved. We will once again be holding our summer raffle. Each athlete/family will purchase 30 raffle tickets (\$150) as part of their registration, which you can sell to recoup your money or keep to win one or more of the fabulous prizes!

Sibling Discount

There is a 10% discount for a 2nd sibling and 15% for 3rd + from the OAC training fee. This will be applied automatically on registration.

Pro-Rated Fees

Fees are not pro-rated for practices missed or late registration at any time other than two points in each season when we offer a discount on the OAC training fees.

After May 31st – 15% discount

After June 30th – 25% discount

The BCA fees are never pro-rated.

Training Shirt

As part of registration, each athlete who registers by April 7th, 2021 will receive an OAC training shirt to keep. It is important to indicate your size at registration, or we cannot guarantee that we will have your size available for you. Athletes are encouraged to wear them to practices but it is not mandatory. Those who register late are not guaranteed a training shirt and will receive one only if stocks allow.



Refunds

As the number of athletes and funding is used to determine coaching requirements and funding, the Club does not provide refunds as a matter of policy. However, in the case of medical circumstance, some level of refund of the OAC Training Fee will be considered at the discretion of the Club Executive. However, the BC Athletics Fee portion of the membership fees is non-refundable.

Outdoor Training

Due to COVID-19, outdoor training will continue to be different this year. Strict protocols have been put in place to allow us to continue our programs.

Our training groups will be split into "pods" of 19 athletes + 1 coach. Once we have reached our limit of 50 total athletes/coaches we may open more training sessions at different times and/or days.

All athletes and parents will be required to:

Agree to and sign the "Informed Consent and Assumption of Risk Agreement" - Parent/Guardian for Minors (under the age of 19)

Agree to and sign the "Release of Liability, Waiver and Claims and Indemnity Agreement" - Adult members of BC Athletics

Complete the "COVID-19 Questionnaire, Attestation and Participation Agreement" - Parent/Guardian for Minors (under the age of 19) or Adult members of BC Athletics

Provide their mailing address, phone number and email address

More information available at: <https://www.bcatletics.org/News/step-by-step-instructions-on-your-return-to-training/3005/>

Due to the COVID-19 restrictions there will be a cap of 19 athletes in each group. We therefore recommend that you register early. Priority will be given to the athletes who registered for the Fall 2020 and Winter 2021 training sessions.

Training days and times

Group	"Pod"	Monday	Wednesday	Thursday	Saturday
Track Rascals	A & B	4:45 - 6:15pm	4:45 - 6:15pm	N/A	N/A
Junior Development	A & B	4:30 – 6:25pm	4:30 – 6:25pm	N/A	9:00 – 10:45am
Power/Speed	A & B	6:35 – 8:30pm	6:35 – 8:30pm	N/A	11:00 – 1:00pm
Middle Distance	A & B	6:35 – 8:30pm	6:35 – 8:30pm	N/A	11:00 - 1:00pm
Supplemental	A	N/A	N/A	7:00-8:30pm	N/A
Throws Group	A	6:00 – 8:30pm	6:15 – 8:00pm	N/A	11:00 – 1:00pm

Season Training Dates

Track Rascals: Monday/Wednesday April 12/14th until Monday/Wednesday June 28/30th

Junior Development: Wednesday April 7th until Wednesday July 14th (this may change if the Junior Development provincial championships go ahead)

Power/Speed & Middle Distance: Wednesday April 7th until Wednesday August 4th

Supplemental Training: Thursday April 15th until Thursday July 29th

Competitions

Competitions have not been confirmed yet. Proposed dates can be found on the [BC Athletics Calendar](#)

Competitions the club will be hosting:

Twilight Meet #1: Thursday April 29th

Twilight Meet #2: Thursday May 20th

Jack Brow Memorial: Friday July 2nd – Sunday July 4th (Possibly incorporating the Junior Development Pentathlon Championships on Saturday 3rd)

OAC Senior Coaches:

Rob Millar - Middle Distance

Chris Collingwood – Middle Distance

Rochelle Minagawa – Throws

Matt Pilkington – Throws

Jasmine Wilson - Javelin

Pat Sima-Ledding - Sprints, Hurdles, Jumps, Combined Events

Stefanie Rodway – Sprints, Hurdles

OAC JD Program Coordinator:

Johanna Macheledt

Junior Development Coaches:

Noah Russell

Omar Mourad

Marilyn Benz (Javelin)

Track Rascal Coaches:

Josh Russell

Steven Egege

Training Groups

Track Rascals (ages 6-8)

The Track Rascals Group is set-up to introduce young athletes to the track and field atmosphere with a non-competitive goal of having FUN!

Junior Development (ages 9-13)

The JD Group is a multi-event focus, allowing young athletes the chance to be exposed to as many events as possible. The program gives young athletes the opportunity to develop physical literacy, learn skills specific to differing track and field disciplines, develop speed and fitness.

Senior Power/Speed (U16, U18, U20, Senior, Post-Secondary and Masters)

The Power/Speed Group is for those targeting their training in Sprints, Hurdles, Jumps and Throws.

Senior Middle Distance (U16, U18, U20, Senior, Post-Secondary and Masters)

The Middle-Distance Group consists of training for longer distance events such as 800m and above.

Supplemental Training (U16, U18, U20, Senior, Post-Secondary and Masters)

The Supplemental Training Group is for athletes who wish to train in multiple events (track events and throws for example). This group will attend all 4 weekly training sessions.

If you have any questions about any of the training programs, please contact our Head Coach, Pat at headcoach@okac.ca.

For all other information, please refer to our

2021 OFFICIAL OAC HANDBOOK,

which can be found online at:

<http://okac.ca/wp-content/uploads/2021/02/2021-OFFICIAL-HANDBOOK-SpringSummer-OAC.pdf>

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