



REGISTRATION PACKAGE FALL/WINTER 2021/2022

Registration for this season will be online at: www.trackiereg.com/OACS-Fall-Winter2022

Registration opens: **Monday August 16, 2021**

2021/2022 Fall/Winter Training & Fee Schedule

Track Rascals (Fall Program Only – Sept 12/15th – Oct 18/20th)

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee		Total Fees	
6-8 (2015-2013)	Track Rascal	\$15.00	\$65.00 (1 day)	\$105.00 (2 days)	\$80.00 (1 day)	\$120.00 (2 days)
Training Day	Monday	Wednesday				
Training Time	4:00-5:30pm	4:00-5:30pm	*Track Rascals can choose 1 day (Mon or Wed) or both days. There will be no training on Monday October 11th (Thanksgiving), and Wednesday October 13th.			

Junior Development – Cross Country (Sept 13th – Oct 18th)

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
9-13 (2012- 2008)	JD	\$60.00	\$155.00	\$50.00	\$265.00
Training Day	Monday	Saturday			
Training Time	5:00-6:30pm	10:00-11:30am	There will be no training on Monday October 11th (Thanksgiving)		

Junior Development Track & Field – Fall Program Only (Sept 15th – Oct 20th)

Age on Dec 31 st , 2021	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
9-13 (2012- 2008)	JD	\$60.00	\$155.00	\$50.00	\$265.00
Training Day	Monday	Wednesday			
Training Time	4:00-5:30pm	4:00-5:30pm	There will be no training on Monday October 11th (Thanksgiving)		

Junior Development – Fall *and* Winter Program (Sept 15th – Mar 9th)

Age on Dec 31 st , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
9-13 (2013- 2009)	JD	\$60.00	\$435.00	\$150.00	\$645.00
Training Day	Monday	Wednesday			
Training Time	4:00-5:30pm	4:00-5:30pm			
9-13 (2013- 2009)	*JD Cross Country & Track & Field	\$60.00	\$435.00	\$150.00	\$645.00
*Training days and times for the dual program: Cross Country: Mondays 5:00-6:30pm & Saturdays 10:00-11:30am September 13th – October 20th Track & Field: Mondays & Wednesdays 4:00-5:30pm October 20th – March 9th			* JD athletes who wish to participate in both cross country & track & field will join the track & field program on Wednesday October 20 th . They cannot participate in both programs simultaneously		

Winter break will be from Monday December 20th returning Wednesday January 5th 2022

Senior Cross Country Only – Sept 13th – Oct 18th

Age on Dec 31 st , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2009)	JD Athletes training with the senior x-country group <i>(by invitation only)</i>	\$60.00	\$205.00	\$50.00	\$315.00
14+ (2008 and earlier)	U16/U18/U20/Senior/Post-Secondary/Master	See table below	\$205.00	\$50.00	\$255 + applicable BCA fee
Training Day	Monday	Saturday	There will be no training on Monday October 11th (Thanksgiving)		
Training Time	5:00-6:30pm	10:00-11:30am	Training will be extended to Nov 6th if the High School Cross Country Championships go ahead		

Middle Distance (Jan 5th – Mar 9th)

Age on Dec 31 st , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2009)	JD Athletes training with the Middle-Distance Group <i>(by invitation only)</i>	\$60.00	\$410.00	\$100.00	\$570.00
14+ (2008 and earlier)	U16/U18/U20/Senior/Post-Secondary/Master	See table below	\$410.00	\$100.00	\$510.00 + applicable BCA fee
Training Day	Monday	Wednesday	Saturday	There will be no practices on the following days:	
Training Time	5:00-6:30pm	5:00-6:30pm	10:00-11:30am	Monday October 11th (Thanksgiving) Monday February 21st (BC Family Day)	

Power/Speed (Sprints, Hurdles, Jumps, Throws) - Sept 15th – Mar 9th

Age on Dec 31 st , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2009)	JD Athletes training with the Power/Speed Group <i>(by invitation only)</i>	\$60.00	\$625.00	\$150.00	\$835.00
14+ (2008 and earlier)	U16/U18/U20/Senior/Post-Secondary/Master	See table below	\$625.00	\$150.00	\$775.00 + applicable BCA fee
Training Day	Monday	Wednesday	Saturday	There will be no practices on the following days: Monday October 11th (Thanksgiving) Monday February 21st (BC Family Day)	
Training Time	5:30-7:30pm	5:30-7:30pm	10:00-12:00 noon		
Supplemental Training Beginning Thursday September 23rd	U16/U18/U20/Senior/Post-Secondary/Master	\$215.00	Training Day: Thursdays 5:30-7:00pm (There will be no practice on Thursday November 11th – Remembrance Day)		

Winter break will be from Monday December 20th returning Wednesday January 5th 2022

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 (6 equal payments; September – February incl.) via e-transfer to Brad (see #2) The first e-transfer must be received on or before September 1st, or by 6 postdated cheques. The cheques must be handed in at the first practice.



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.

Annual BC Athletics Fee

BC Athletics membership fees are valid until December 31st 2022

Senior Athletes BCA membership fees:

Age	Membership Type	Fee
14 (2008)	U16	\$70.00
15(2007)	U16	\$73.50
16-34 (2006-1988)	U18/U20/Senior	\$94.50
18-22 (2004-2000)	Post-Secondary	\$73.50
35+ (1987 and earlier)	Master	\$63.00

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 train. Additionally, any athlete with outstanding fees from any previous season(s) will not be permitted to train unless a payment plan is in place.

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 30 (\$150) raffle tickets at registration (10 - \$50 for athletes in cross country only and JD Fall only and 20 - \$100 for athletes registered for the middle distance only program) which you can sell to recoup your money or keep to win one or more of the fabulous prizes we have on offer.

****Please note tickets are purchase per family and not per athlete.***

Training Shirt

As part of registration, each athlete who registers by **September 6th, 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.

Competitions (all to be confirmed)

Twilight Meet September/October

BC Athletics Cross-Country Championships – Saturday October 23rd – Victoria BC

National Cross-Country Championships – Saturday November 27th – Ottawa ON

Edmonton Golden Bear – Jan/Feb

Kamloops Indoor Meet – Feb

Training Venues

Track & Field programs (including the Track Rascals): All practices will be held at the Apple Bowl until the end of November (October 20th for TR and JD Fall only programs). From December one practice per week will be indoors (venue TBD)

There will be additional indoor gym time for throws and Jumps (days, times, and venue TBD).

Training Group Numbers

Training groups will be limited to the following number of athletes:

Track Rascals: 15 per training day

Junior Development: 35

Power/Speed: 35

Junior Development/Senior Cross Country and Middle Distance: No limit

3 x trial membership

For athletes new to the club, we offer a “3 x trial” membership. For a fee of \$60, athletes can attend 3 consecutive practices to see if the club/sport is a good fit for them. If, after the 3 practices the athlete decides to continue for the rest of the season, the \$60 will be deducted from the total fees due. This membership will only be offered for the outdoor programs. It is not available for track rascals.

OAC Fall/Winter Coaches

Senior Coaches:

Rob Millar - Middle Distance/Cross Country/JD XC

Chris Collingwood – Middle Distance/Cross Country/JD Cross Country

Jasmine Wilson - Throws

Rochelle Minagawa – Throws

Matt Pilkington – Throws

Emma Kimoto – High Jump

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

Stefanie Rodway – Sprints, Hurdles

JD Coaches:

Carl Jesson

Steph Millar

Omar Mourad

Track Rascal Coach:

Emma Cannan

Mikkel Andersen



Training Group Information:

Track Rascals (ages 6-8)

The Track Rascal program is specifically set up to introduce young athletes to the Track and Field atmosphere, allowing them to learn the basics of athletics. Track Rascals are NON – competitive members with a number one 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/2021/09/2021-2022-OFFICIAL-HANDBOOK-Fall-Winter-OAC.pdf>

As always, please do not hesitate to contact me if you have any questions after reviewing the posted information.

Karen Hatch
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