



## REGISTRATION PACKAGE SPRING/SUMMER 2022

Registration for this season will be online at: [www.trackiereg.com/OACS-Summer2022](http://www.trackiereg.com/OACS-Summer2022)

Registration opens **Friday, February 25<sup>th</sup>, 2022**

### 2022 Spring/Summer Training Fee Schedule

#### Track Rascals

Age on Dec 31 <sup>st</sup> , 2022	Membership Type	*BCA	Training Fee		Total Fees	
<b>6-8 (2016- 2014)</b>	Track Rascal	\$15.00	\$145.00 (1 day)	\$215.00 (2 days)	<b>\$160.00 (1 day)</b>	<b>\$230.00 (2 days)</b>

#### Junior Development

Age on Dec 31 <sup>st</sup> , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>9-13 (2013- 2009)</b>	JD	\$60.00	\$485.00	\$150.00	<b>\$695.00</b>

#### Middle Distance

Age on Dec 31 <sup>st</sup> , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>13 (2009)</b>	JD Athletes training with the Middle Distance Group <i>(by invitation only)</i>	\$60.00	\$615.00	\$150.00	<b>\$825.00</b>
<b>14 (2008)</b>	U16	\$70.00	\$615.00	\$150.00	<b>\$835.00</b>
<b>15 (2007)</b>	U16				
<b>18-22 (2004-2000)</b>	*Post Secondary	\$73.50	\$615.00	\$150.00	<b>\$838.50</b>
<b>16+(2006-1988)</b>	U18/U20/Senior	\$94.50	\$615.00	\$150.00	<b>\$859.50</b>
<b>35+ (1987)</b>	Master	\$63.00	\$615.00	\$150.00	<b>\$828.00</b>

\* Proof of full-time enrollment in a recognized post-secondary institution required

#### Power/Speed

Age on Dec 31 <sup>st</sup> , 2022	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>13 (2009)</b>	JD Athletes training with the Power/Speed Group <i>(by invitation only)</i>	\$60.00	\$625.00	\$150.00	<b>\$835.00</b>
<b>14+ (2008)</b>	U16	\$70.00	\$625.00	\$150.00	<b>\$845.00</b>
<b>15 (2007)</b>	U16				
<b>18-22 (2004-2000)</b>	*Post Secondary	\$73.50	\$625.00	\$150.00	<b>\$848.50</b>
<b>16+(2006-1988)</b>	U18/U20/Senior	\$94.50	\$625.00	\$150.00	<b>\$869.50</b>
<b>35+ (1987)</b>	Master	\$63.00	\$625.00	\$150.00	<b>\$838.00</b>
<b>14+</b>	Supplemental Training	---	<b>\$375.00 in addition to the full fees listed above</b>		

\* Proof of full-time enrollment in a recognized post-secondary institution required

### 3 x Trial Membership

For athletes new to track and field we have our 3-x trial scheme. For \$60 a new athlete can attend 3 consecutive practices to see if track and field is the sport for them. If you decide to join after the 3 practices the \$60 will be deducted from the total fees due.

### 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. By monthly installment via e-transfer to Brad (see #2) The first e-transfer must be received prior to the first practice (April 6<sup>th</sup>) and then on the 1<sup>st</sup> of each month (May, June, and July)
4. By monthly installment via postdated cheques. All cheques must be brought to the first practice (April 6<sup>th</sup>) and be dated April 6<sup>th</sup>, May 1<sup>st</sup>, June 1<sup>st</sup>, and July 1<sup>st</sup>.

***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

All BC Athletics memberships for 2022 will be competitive. Athletes who were registered for the 2021/22 fall or winter programs will not need to pay the BCA fee again.

### 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! Track Rascals are not expected to purchase/sell tickets (although they may if they wish)

### Sibling Discount

There is a 10% discount for a 2<sup>nd</sup> sibling and 15% for 3<sup>rd</sup> + 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 31<sup>st</sup> – 15% discount

After June 30<sup>th</sup> – 25% discount

***The BCA fees are never pro-rated.***

## Training Shirt

As part of registration, each athlete who registers by Monday April 4th, 2022 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.

## Training Venues

All groups will train at the Apple Bowl unless otherwise notified.

## Training Days & Times

Group	Monday	Wednesday	Thursday	Saturday
Track Rascals	5:00 - 6:30pm	5:00 - 6:30pm	N/A	N/A
Junior Development	4:30 – 6:30pm	4:30 – 6:30pm	N/A	9:00 – 11:00am
Power/Speed	6:30 – 8:30pm	6:30 – 8:30pm	N/A	11:00 – 1:00pm
Middle Distance	6:30 – 8:30pm	6:30 – 8:30pm	N/A	11:00 - 1:00pm
Supplemental	N/A	N/A	7:00-8:30pm	N/A

## Season Training Dates

Track Rascals: Monday/Wednesday beginning Mon/Wed April 11<sup>th</sup>/13<sup>th</sup> until Mon/Wed June 27/29<sup>th</sup>

Junior Development: Wednesday April 6<sup>th</sup> until Wednesday July 13<sup>th</sup>

Power/Speed & Middle Distance: Wednesday April 6<sup>th</sup> until Wednesday August 3<sup>rd</sup>

Supplemental Training: Thursday April 14<sup>th</sup> until Thursday July 28<sup>th</sup>

## Competitions

Club Hosted Competitions:

Twilight Meet #1: Thursday April 28<sup>th</sup>

Twilight Meet #2: Thursday May 26<sup>th</sup>

Twilight Meet #3: Tuesday July 19<sup>th</sup>

Jack Brow Memorial: Friday July 1<sup>st</sup> – Sunday July 3<sup>rd</sup> (Possibly incorporating the Junior Development Pentathlon Championships on Saturday 2<sup>nd</sup>)

Club Supported Competitions (competitions where the club sends a coach(es):

April 30: Battle of the Borders – Kamloops

May 6-7: Dylan Armstrong Meet (zone 2 BC Summer Games trials) – Kamloops

May 19: Okanagan Zones Championships – Kamloops

\*May 21-22: Canadian Combined Events Championship – Ottawa, ON

May 21: Universal Junior Development Meet – North Delta

May 22: Universal Open Track & Field Meet – North Delta

May 27-29: BC Elementary School Track & Field Championships – Richmond

June 3-4: BC High School Combined Events Championships – TBA

June 4-5: Jesse Bent Memorial – Coquitlam

June 9-11: BC High School Track & Field Championships – TBA

June 18: Langley Pacific Invitational – Langley

June 19: Trevor Craven Memorial – Burnaby

\*June 22-26: Canadian Track & Field Championships - Langley

July 8-10: 2022 BC Athletic Provincial Championships Jamboree – Kamloops

July 15-17: BC Athletics Junior Development Track & Field Championships – Surrey

July 22-24: 2022 BC Summer Games – Prince George

\*August 5-6: Legion Track & Field Championships - Sherbrooke, QC

\* August 15-21: Canada Summer Games – Niagara, ON

**\* Qualification required. OAC will not necessarily send a coach**

Dates for more meets can be found on the [BC Athletics Calendar](#)



## **OAC Spring/Summer Coaches**

### **OAC Senior Coaches:**

#### **Middle Distance:**

Rob Millar (program co-ordinator)  
Chris Collingwood

#### **Throws:**

Jasmine Wilson (program co-ordinator)  
Matt Pilkington  
Nicole Carlos

#### **Jumps:**

Pat Sima-Ledding (program co-ordinator)  
Amber Gilbert  
Emma Kimoto

#### **Sprints/Hurdles:**

Pat Sima-Ledding (program co-ordinator)  
Bryn Percival  
Stefanie Rodway

#### **Multi Events:**

Pat Sima-Ledding

### **OAC Head Coach:**

Pat Sima-Ledding

#### **Track Rascals:**

Johanna Macheledt (program co-ordinator)  
Emma Cannan

#### **Junior Development:**

Omar Mourad (program co-ordinator)  
Brad Smith  
Carl Jesson  
Steph Millar  
Tyson Carr  
Mikkel Andersen

## **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](mailto:headcoach@okac.ca).

For all other information, please refer to our

### **2022 OFFICIAL OAC HANDBOOK,**

which can be found online at:

<http://okac.ca/wp-content/uploads/2022/02/2022-OFFICIAL-HANDBOOK-Spring-Summer-OAC.pdf>

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

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