



2022/2023 FALL & WINTER TRAINING & FEE SCHEDULE
SENIOR POWER/SPEED

Registration for this season will be online at: www.trackiereg.com/OACS-Fall-Winter2023

Registration opens: **Thursday, September 1st, 2022**

Our Fall/Winter Senior Power/Speed Program will begin on Wednesday, September 21st
 All Fall practices are at the Apple Bowl September 21st – October 31st
 Winter practices are at the Capital News Centre November 2nd – March 8th
 Supplemental Training begins Thursday, September 29th

Training Days & Times:

Group	Monday	Wednesday	Thursday	Saturday
Power/Speed	5:30 – 7:30pm	5:30-7:30pm	-	10:00am - noon
Supplemental Training	-	-	5:00 – 6:30pm	-

Season Dates:

Regular Track & Field Program (Fall & Winter): Wednesday, September 21st until Wednesday, March 8th

Supplemental Training: Thursday, September 29th – Thursday, March 2nd

There are **no** practices on the following days:

- Monday, October 10th - Thanksgiving
- Winter Break: Monday, December 14th – Monday, January 2nd (return Wednesday, January 4th)
- Monday, February 20th - Family Day



Competitions:

OAC Fall Twilight Meet – Wednesday, October 19th, 2022 - Kelowna

Gary Reed Indoor Classic – February 3-4th, 2023 – Kamloops

Van Ryswyk Indoor Meet – February 24-25th, 2023 – Kamloops

Entry fees for competitions are additional to the fees listed below. Athletes are responsible for their own travel expenses to competitions and accommodation costs as applicable. Registration information for competitions will be sent via email by the club manager 1-2 weeks before the registration deadline.

Fees – Track & Field Program (Fall Only – September 21st – October 31st):

Age on Dec 31 st , 2023	Group	BCA	Training Fee	Raffle Tickets	Total Fees
13 (2010)	JD Athletes training with the Senior Power/Speed Group <i>(by invitation only)</i>	\$60.00 Competitive	\$285.00	\$50.00	\$395.00
		\$15.75 Training only			\$350.75
14 (2009)	U16	\$70.00 Competitive	\$285.00	\$50.00	\$405.00
		\$15.75 Training only			\$350.75
15 (2008) 18-22 (2005 – 2001)	U16 **Post-Secondary	\$73.50 Competitive	\$285.00	\$50.00	\$408.50
		\$15.75 Training only			\$350.75
16/17 (2007/2006) 18/19(2005/2004) 20-34 (2003 – 1989)	U18 U20 Senior	\$94.50 Competitive	\$285.00	\$50.00	\$429.50
		\$15.75 Training only			\$350.75
35+ (1988 -)	Masters	\$63.00 Competitive	\$285.00	\$50.00	\$348.00
		\$15.75 Training only			\$350.75
Supplemental Training					\$75.00

** Proof of registration at a recognized post-secondary institution required

Fees – Track & Field Program (Fall & Winter):

Age on Dec 31 st , 2023	Group	BCA	Training Fee	Raffle Tickets	Total Fees
13 (2010)	JD Athletes training with the Senior Power/Speed Group <i>(by invitation only)</i>	\$60.00 Competitive	\$625.00	\$150.00	\$835.00
		\$15.75 Training only			\$790.75
14 (2009)	U16	\$70.00 Competitive	\$625.00	\$150.00	\$845.00
		\$15.75 Training only			\$790.75
15 (2008) 18-22 (2005 – 2001)	U16 **Post-Secondary	\$73.50 Competitive	\$625.00	\$150.00	\$848.50
		\$15.75 Training only			\$790.75
16/17 (2007/2006) 18/19(2005/2004) 20-34 (2003 – 1989)	U18 U20 Senior	\$94.50 Competitive	\$625.00	\$150.00	\$869.50
		\$15.75 Training only			\$790.75
35+ (1988 -)	Masters	\$63.00 Competitive	\$625.00	\$150.00	\$838.00
		\$15.75 Training only			\$790.75
Supplemental Training					\$215.00

** Proof of registration at a recognized post-secondary institution required

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 (2 equal payments; September and October) via e-transfer to Brad - (see #2) The first e-transfer must be received on or before September 21st, or by 2 postdated cheques, (September 21st & October 21st). 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, 2023, for new and renewing members registering on or after September 1st. To compete in track meets, athletes require a competitive membership. A training membership can be upgraded for an additional fee of \$44.75 + a \$5.00 admin fee (total \$49.75).

Training Shirt

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

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

For all other information, please refer to the
2022/2023 OFFICIAL OAC HANDBOOK

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

