



## REGISTRATION PACKAGE SPRING/SUMMER 2023

Registration for this season will be online at: [www.trackiereg.com/OACS-Summer2023](http://www.trackiereg.com/OACS-Summer2023)

Registration opens **Friday, February 24<sup>th</sup>, 2023**

### 2023 Spring/Summer Training Fee Schedule

#### Track Rascals

Age on Dec 31 <sup>st</sup> , 2023	Membership Type	*BCA	Training Fee		Total Fees	
<b>6-8 (2017- 2015)</b>	Track Rascal	\$15.00	\$145.00 (1 day)	\$215.00 (2 days)	<b>\$160.00</b> <b>(1 day)</b>	<b>\$230.00</b> <b>(2 days)</b>

#### Junior Development

Age on Dec 31 <sup>st</sup> , 2023	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>9-13 (2014- 2010)</b>	JD	\$60.00	\$485.00	\$150.00	<b>\$695.00</b>

#### Middle Distance

Age on Dec 31 <sup>st</sup> , 2023	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>13</b> (2010)	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</b> (2009)	U16	\$70.00	\$615.00	\$150.00	<b>\$835.00</b>
<b>15</b> (2008)	U16				
<b>18-22</b> (2005-2001)	*Post Secondary	\$73.50	\$615.00	\$150.00	<b>\$838.50</b>
<b>16+</b> (2007-1989)	U18/U20/Senior	\$94.50	\$615.00	\$150.00	<b>\$859.50</b>
<b>35+</b> (1988)	Master	\$63.00	\$615.00	\$150.00	<b>\$828.00</b>
<b>14+</b>	Supplemental Training (Middle Distance)	---	<b>\$215.00 in addition to the full fees listed above</b>		

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

#### Power/Speed

Age on Dec 31 <sup>st</sup> , 2023	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>13</b> (2010)	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</b> (2009)	U16	\$70.00	\$625.00	\$150.00	<b>\$845.00</b>
<b>15</b> (2008)	U16				
<b>18-22</b> (2005-2001)	*Post Secondary	\$73.50	\$625.00	\$150.00	<b>\$848.50</b>
<b>16+</b> (2007-1989)	U18/U20/Senior	\$94.50	\$625.00	\$150.00	<b>\$869.50</b>
<b>35+</b> (1988)	Master	\$63.00	\$625.00	\$150.00	<b>\$838.00</b>
<b>14+</b>	Supplemental Training (Power/Speed)	---	<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. There will be an additional \$15.75 required for a BC Athletics training membership.

### **-Methods of Payment-**

1. Online at [trackiereg.com](http://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 5<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 5<sup>th</sup>) and be dated April 5<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 2023 will be competitive. Athletes who were registered for the 2022/23 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 10<sup>th</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 5<sup>th</sup>, 2023 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 and the raffle tickets are non-refundable.

### **-Training Venues-**

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

### **-Training Days & Times-**

<b>Group</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
Track Rascals	5:00 - 6:00pm	5:00 - 6:00pm	---	---	---
Junior Development	5:00 – 7:00pm	5:00 – 7:00pm	---	9:00 – 11:00am	---
Power/Speed	7:00 – 9:00pm	7:00 – 9:00pm	---	11:00 – 1:00pm	---
Middle Distance	7:00 – 8:30pm	7:00 – 8:30pm	---	11:00 - 1:00pm	---
Power/Speed Supplemental	---	---	7:00-8:30pm	---	10:00 -11:30am (off site venue TBD)
Middle Distance Supplemental	---	---	7:00-8:30pm	---	---

### **-Season Training Dates-**

Track Rascals: Monday/Wednesday, April 17<sup>th</sup>/19<sup>th</sup> until Monday/Wednesday, June 26/28<sup>th</sup>

Junior Development: Wednesday, April 12<sup>th</sup> until Wednesday, July 12<sup>th</sup>

Power/Speed & Middle Distance: Wednesday, April 5<sup>th</sup> until Wednesday, August 9<sup>th</sup>

Supplemental Training: Thursday, April 13<sup>th</sup> until Thursday, July 27<sup>th</sup>

## **-Track Meets -**

### **Club Hosted Meets:**

Twilight Meet #1: Thursday, April 27<sup>th</sup>

Twilight Meet #2: Thursday, May 25<sup>th</sup>

Twilight Meet #3: Thursday, June 22<sup>nd</sup>

Jack Brow Memorial: Friday, June 30<sup>th</sup> – Sunday, July 2<sup>nd</sup> (Possibly incorporating the BC Athletics Masters Outdoor Championships)

### **Club Supported Meets** - meets where the club sends a coach(es):

April 29: Battle of the Borders (HS) – Kamloops

May 5-6: Dylan Armstrong Meet – Kamloops

May 18: Okanagan Zones Championships – Kamloops

May 26-28: BC Elementary School Track & Field Championships – Richmond

June 2-3: BC High School Combined Events Championships – Abbotsford

June 8-10: BC High School Track & Field Championships – Langley

June 17: BC Athletics Junior Development Pentathlon Championships – Burnaby

June 23-24: Langley Pacific Invitational – Langley

July 7-9: 2022 BC Athletic Provincial Championships Jamboree – Nanaimo

July 15-16: BC Athletics Junior Development Track & Field Championships – Delta

\*July 27-30: Canadian Track & Field Championships - Langley

\*August 11-13: Legion Track & Field Championships - Sherbrooke, QC

August 11-13: Canadian Masters Track & Field Championships – Langley

Trevor Craven Memorial – Burnaby: dates TBD (usually mid-June)

**\* 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 Coordinator)  
Chris Collingwood

#### **Throws:**

Carl Jesson (Program Coordinator)  
Marilyn Benz  
Nicole Carlos

#### **Jumps:**

Pat Sima-Ledding (Program Coordinator)  
Amber Gilbert  
Emma Kimoto  
Bryn Walsh

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

Pat Sima-Ledding (Program Coordinator)  
Noah Russell  
Stefanie Rodway

#### **Multi Events:**

Pat Sima-Ledding

### **OAC Head Coach:**

**Pat Sima-Ledding**

### **Track Rascals:**

Johanna Macheledt (Program Coordinator)  
Hailey Millar  
Kezia Mallinson  
Pishon Haughton

### **Junior Development:**

Omar Mourad (Program Coordinator)  
Amy Horak  
Steph Millar  
Tyson Carr  
Mikkel Andersen  
Caitlin Peever

## **-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)**

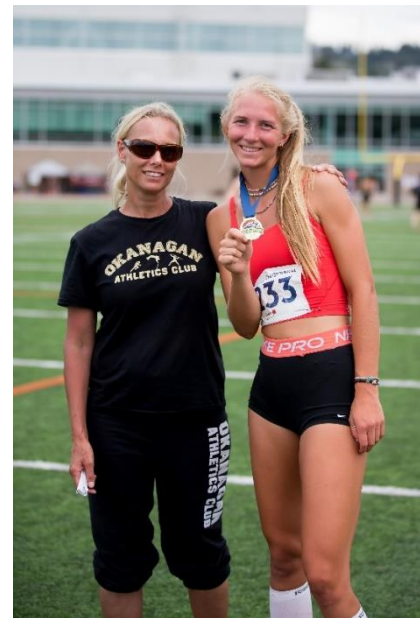
The JD Group is a multi-event focus, allowing young athletes the chance to be exposed to as many events as possible. The program gives young athletes the opportunity to develop physical literacy, learn skills specific to differing track and field disciplines, develop speed and fitness.

### **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

### **2023 OFFICIAL OAC HANDBOOK,**

which can be found online at:

[www.okac.ca](http://www.okac.ca)

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

Karen Hatch  
Okanagan Athletics Club Manager  
[manager@okac.ca](mailto:manager@okac.ca)  
250 862 6039

