



**2023/2024 WINTER TRAINING & FEE SCHEDULE**  
**- SENIOR POWER/SPEED & MIDDLE DISTANCE -**

Registration for this season will be online at:

<https://athleticsreg.ca/#!/events/okanagan-athletics-club-2024>

**-Training Locations-**

All Winter Track & Field practices are held at the Capital News Centre (November 1<sup>st</sup> – March 6<sup>th</sup>)

**-Training Days & Times-**

Group	Monday	Wednesday	Thursday	Saturday
Power/Speed	5:30 – 7:30pm	5:30-7:30pm	-	10:00am -12:00pm
Supplemental Training	-	-	5:30 – 7:00pm	-
Middle Distance	5:30 – 7:00pm	5:30 – 7:00pm	N/A	*10:00-11:30 (Depending on coach availability) *Emailed workout will be provided if a coach is not available

**-Season Dates-**

**Full Power/Speed Track & Field Program (Fall & Winter):** Monday, September 18<sup>th</sup> - Wednesday, March 6<sup>th</sup>

**Supplemental Training:** Thursday, September 28<sup>th</sup> – Thursday, March 7<sup>th</sup>

**Full Middle Distance Track & Field Program (Winter):** Monday, January 8<sup>th</sup> - Wednesday, March 6<sup>th</sup>

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

Monday, November 13<sup>th</sup> – Remembrance Day

Last Practice before Winter Break - Wednesday, December 20<sup>th</sup> First

Practice after Winter Break - Wednesday, January 10<sup>th</sup>

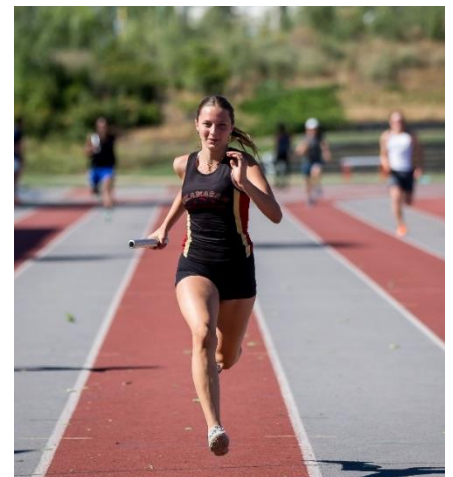
Monday, February 19<sup>th</sup> - Family Day

**-Track Meets-**

Christmas Challenge – Saturday December 16th - Kamloops

Gary Reed Indoor Classic – February 2nd & 3rd 2024 – Kamloops

Van Ryswyk Indoor meet – March 8th -10th 2024 – Kamloops



Entry fees for competitions are additional to the program 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.

**\*\*Program Fees: Power/Speed | PARTIAL SEASON | Nov 1<sup>st</sup> – Mar 6<sup>th</sup> (15 weeks)**

Age on Dec 31 <sup>st</sup> , 2024	Group	BCA fee Fees will increase Oct 1st 2023	Training Fee	Raffle Tickets	Total Fees
<b>13 (2011)</b>	JD Athletes training with the Senior Power/Speed Group <i>(by invitation only)</i>	\$60.00 Competitive	\$485.00	\$100.00	<b>\$645.00</b>
		\$15.75 Training only			<b>\$600.75</b>
<b>14 (2010)</b>	U16	\$70.00 Competitive	\$485.00	\$100.00	<b>\$655.00</b>
		\$15.75 Training only			<b>\$600.75</b>
<b>15 (2009) 18-22 (2006 – 2002)</b>	U16 Post-Secondary (Proof of registration at a recognized post-secondary institution required)	\$73.50 Competitive	\$485.00	\$100.00	<b>\$658.50</b>
		\$15.75 Training only			<b>\$600.75</b>
<b>16/17 (2008/2007) 18/19 (2006/2005) 20-34 (2004 – 1990)</b>	U18 U20 Senior	\$94.50 Competitive	\$485.00	\$100.00	<b>\$679.50</b>
		\$15.75 Training only			<b>\$600.75</b>
<b>35+ (1989 - )</b>	Masters	\$63.00 Competitive	\$485.00	\$100.00	<b>\$648.00</b>
		\$15.75 Training only			<b>\$600.75</b>
<b>Supplemental Training</b>					<b>\$175.00</b>



**\*\*Program Fees: Power/Speed | PARTIAL SEASON | Jan 10<sup>th</sup> – Mar 6<sup>th</sup> (8 weeks)**

Age on Dec 31 <sup>st</sup> , 2024	Group	BCA fee Fees will increase Oct 1st 2023	Training Fee	Raffle Tickets	Total Fees
<b>13 (2011)</b>	JD Athletes training with the Senior Power/Speed Group <i>(by invitation only)</i>	\$60.00 Competitive	\$295.00	\$50.00	<b>\$405.00</b>
		\$15.75 Training only			<b>\$360.75</b>
<b>14 (2010)</b>	U16	\$70.00 Competitive	\$295.00	\$50.00	<b>\$415.00</b>
		\$15.75 Training only			<b>\$360.75</b>
<b>15 (2009) 18-22 (2006 – 2002)</b>	U16 Post-Secondary (Proof of registration at a recognized post-secondary institution required)	\$73.50 Competitive	\$295.00	\$50.00	<b>\$418.50</b>
		\$15.75 Training only			<b>\$360.75</b>
<b>16/17 (2008/2005) 18/19 (2004/2003) 20-34 (2004 – 1990)</b>	U18 U20 Senior	\$94.50 Competitive	\$295.00	\$50.00	<b>\$439.50</b>
		\$15.75 Training only			<b>\$360.75</b>
<b>35+ (1989 - )</b>	Masters	\$63.00 Competitive	\$295.00	\$50.00	<b>\$408.00</b>
		\$15.75 Training only			<b>\$360.75</b>
<b>Supplemental Training</b>					<b>\$75.00</b>

**Program Fees – Middle Distance Program | FULL | Jan 10<sup>th</sup> – Mar 6<sup>th</sup>)**

Age on Dec 31 <sup>st</sup> , 2024	Group	BCA fee Fees will increase Oct 1st 2023	Training Fee	Raffle Tickets	Total Fees
<b>13 (2011)</b>	JD Athletes training with the Senior middle distance Group <i>(by invitation only)</i>	\$60.00 Competitive	\$285.00	\$50.00	<b>\$395.00</b>
		\$15.75 Training only			<b>\$350.75</b>
<b>14 (2010)</b>	U16	\$70.00 Competitive	\$285.00	\$50.00	<b>\$405.00</b>
		\$15.75 Training only			<b>\$350.75</b>
<b>15 (2007) 18-22 (2006 – 2002)</b>	U16 Post-Secondary (Proof of registration at a recognized post- secondary institution required)	\$73.50 Competitive	\$285.00	\$50.00	<b>\$408.50</b>
		\$15.75 Training only			<b>\$350.75</b>
<b>16/17 (2008/2007) 18/19</b>	U18 U20 Senior	\$94.50 Competitive	\$285.00	\$50.00	<b>\$429.50</b>
		\$15.75 Training only			<b>\$350.75</b>

(2006/2005) 20-34 (2004 – 1990)		Training only			
35+ (1989 - )	Masters	\$63.00 Competitive	\$285.00	\$50.00	<b>\$398.00</b>
		\$15.75 Training only			<b>\$350.75</b>

**-Methods of Payment-**

1. Online at AthleticsReg.ca with a credit card (there is a small processing fee for payment by this method) either in full or by monthly installment. Details are on the registration site.
2. By e-transfer either in full or by monthly installment: Please email Karen at [manager@okac.ca](mailto:manager@okac.ca) if you wish to pay by this method **before** you register
3. By cheque or cash either in full or by monthly installment: Please email Karen at [manager@okac.ca](mailto:manager@okac.ca) if you wish to pay by this method **before** you register.

**\*\*\* Please note that registration takes 24 hours to process. This means that those who register on a practice date may not attend that date’s practice; registration is not valid until the following practice date.**



**-Sibling Discount-**

There is a 10% discount for a 2nd sibling and 15% for 3rd + from the OAC training fee. Please contact Karen at [manager@okac.ca](mailto:manager@okac.ca) for a sibling discount code **before** you register

**-Annual BC Athletics Fee-**

BC Athletics membership fees are valid until December 31<sup>st</sup>, 2024 for new and renewing members registering on or after September 1<sup>st</sup>. In order to compete in track meets, athletes require a Competitive Membership. A Training Membership can be upgraded for an additional fee on AthleticsReg.ca

***Please note: BC Athletics memberships will be increasing in 2024, therefore, if you are fairly certain you/your child will compete in 2024, we would recommend opting for the Competitive Membership now. The fee increase takes place January 1st, 2024***

**-Training Shirt-**

As part of registration, each athlete 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.



### **-Practice Cancellations-**

In the event of severe winter weather it may be necessary to cancel a practice if we feel travel to the CNC would be unsafe. We will contact athletes by email and social media to notify you if practice is cancelled. Cancelled practices due to Mother Nature are not refunded.

Athletes are asked to arrive for practice on time. If for any reason you will be late or cannot attend a practice, please inform your coach ahead of time. **Parents must pick up their athletes on time at the end of each practice.**

***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 and/or compete in OAC meets. Additionally, any athlete with outstanding fees from any previous season(s) will not be permitted to train and/or compete in OAC meets unless a payment plan is in place.***

For all other information, please refer to our  
**2023/2024 OFFICIAL OAC HANDBOOK,**  
which can be found on our website [www.okac.ca](http://www.okac.ca)

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

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