



REGISTRATION PACKAGE MIDDLE + HIGH SCHOOL
TRAINING PROGRAM 2024

Registration for this season will be online at: <https://athleticsreg.ca/#!/events/okanagan-athletics-club-2024>
 Registration opens **Tuesday, April 23, 2024.**

- 2024 Middle + High School Training Program Fee Schedule -

Middle + High School Athletes

Grade/Age	Membership Type	*BC Athletics Membership	Training Fee	Total Fees
Grades 8-12	Middle/High School	\$40.00 (non-competitive)	\$245.00	\$285.00 (non-competitive)
		\$125.00 (competitive)	(15 sessions)	\$370.00 (competitive)

** Competitive Membership – eligible to compete at BC Athletics sanctioned meets.*

**Training membership – not eligible to compete at BC Athletics sanctioned meets, HOWEVER, athletes who are registered with a school, can compete at BC School Sports meets, such as BC High School Zones, Valleys + Provincials.*

- Methods of Payment -

1. Online at AthleticsReg with a credit card (there is a small processing fee for payment by this method)
2. Full payment by e-transfer to Brad Heinzman at president@okac.ca

***** 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.**

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.



- Annual BC Athletics Fee -

Athletes need a competitive membership to compete at BC Athletics sanctioned track meets. A training membership is sufficient to compete ONLY in BC School Sports meets.

- 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.



**** Our Refund Policy must be agreed to at registration; it can be viewed at:**

<https://okac.ca/wp-content/uploads/2023/09/OAC-REFUND-POLICY.pdf>

- Training Days + Times -

Monday	Tuesday	Wednesday	Thursday	Saturday
April 29 7:00-9:00pm	---	May 1 7:00-9:00pm	---	May 4 11:00 – 1:00pm
May 6 7:00-9:00pm	---	May 8 7:00-9:00pm	---	May 11 11:00 – 1:00pm
May 13 7:00-9:00pm	May 14 HS Zones (Kelowna)	May 15 7:00-9:00pm	---	May 18 11:00 – 1:00pm
May 20 No Practice (Victoria Day)	---	May 22 7:00-9:00pm	---	May 25 11:00 – 1:00pm
May 27 HS Valleys (Kamloops)	---	May 29 7:00-9:00pm	---	June 1 11:00 – 1:00pm
June 3 7:00-9:00pm	---	June 5 7:00-9:00pm	June 6-8 BC High School Provincial Championships!	

*******Please check with your school coach *before* you register for this program*******

- Training Shirt -

We aim to provide an OAC training t-shirt to athletes in our Middle + High School Training Program athletes, however, only while stock allows. Please indicate your t-shirt size during your registration process

- Training Venues -

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

- Track Meets -

Club Hosted Meets (BC Athletics Sanctioned):

Twilight Meet #1: Thursday, April 25th

Twilight Meet #2: Thursday, May 23rd

Jack Brow Memorial: Friday, June 28th – Sunday, June 30th (Incorporating the BC Athletics Masters Outdoor Championships)

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

May 3-4: Dylan Armstrong Meet (BC summer games qualifier – zone 2) – Kamloops

May 14: High School Zone Championships (qualifier for valleys-HS) - Kelowna

May 27: Okanagan Valley Championships – (qualifier for provincials -HS) Kamloops

May 24-26: BC Elementary School Track & Field Championships – Richmond

May 31-June 1: BC High School Combined Events Championships – North Delta

June 6-8: BC High School Track & Field Championships – Nanaimo

June 16: BC Athletics Junior Development Pentathlon Championships – Coquitlam

June 21-22: Langley Pacific Invitational – Langley

July 6-7: Trevor Craven Memorial – Burnaby

July 12-14: 2022 BC Athletic Provincial Championships Jamboree – Nanaimo

July 26-28: BC Athletics Junior Development Track & Field Championships – Surrey

*July 18-21: U16 2024 BC Summer Games – Maple Ridge, BC

August 2-4: Canadian Masters Track & Field Championships – Quebec

*August 9-11: Legion Track & Field Championships - Calgary, AB

BC School Sports Meets are highlighted in yellow

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

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

If you have any questions about the training program, please contact our Head Coach, Pat at headcoach@okac.ca.

For all other information, please refer to our

2024 PARENT + ATHLETE HANDBOOK,

which can be found online at:

www.okac.ca

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

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