



REGISTRATION PACKAGE SPRING/SUMMER 2024

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

Registration opens **Thursday, February 29th, 2024.**

- 2024 Spring/Summer Training Fee Schedule -

Track Rascals

Age on Dec 31 st , 2024	Membership Type	*BCA	Training Fee		Total Fees	
6-8 (2018- 2016)	Track Rascal	\$25.00	\$145.00 (1 day)	\$215.00 (2 days)	\$170.00 (1 day)	\$240.00 (2 days)

Junior Development

Age on Dec 31 st , 2024	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
9-13 (2015- 2011)	JD	\$85.00	\$485.00	\$150.00	\$720.00

Middle Distance

Age on Dec 31 st , 2024	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2011)	JD Athletes training with the Middle Distance Group <i>(by invitation only)</i>	\$85.00	\$615.00	\$150.00	\$850.00
14 (2010)	U16	\$125.00	\$615.00	\$150.00	\$890.00
15 (2009)	U16	\$125.00	\$615.00	\$150.00	\$890.00
18-22 (2006-2002)	*Post Secondary	\$85.00	\$615.00	\$150.00	\$850.00
16+ (2008-1990)	U18/U20/Senior	\$125.00	\$615.00	\$150.00	\$890.00
35+ (1989)	Master	\$85.00	\$615.00	\$150.00	\$850.00
14+	Supplemental Training (Middle Distance)	---	\$215.00 in addition to the full fees listed above		

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

Power/Speed

Age on Dec 31 st , 2024	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2011)	JD Athletes training with the Power/Speed Group <i>(by invitation only)</i>	\$85.00	\$625.00	\$150.00	\$860.00
14 (2010)	U16	\$125.00	\$625.00	\$150.00	\$900.00
15 (2009)	U16	\$125.00	\$625.00	\$150.00	\$900.00
18-22 (2006-2002)	**Post Secondary	\$85.00	\$625.00	\$150.00	\$860.00
16+ (2008-1990)	U18/U20/Senior	\$94.50	\$625.00	\$150.00	\$900.00
35+ (1989)	Master	\$85.00	\$625.00	\$150.00	\$860.00
14+	Supplemental Training (Power/Speed)	---	\$375.00 in addition to the full fees listed above		

*** Competitive Membership – eligible to compete at meets. A training membership of \$40 is available at the time of registration instead of the competitive membership, but athletes are not eligible to compete.**

**** 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 membership. For \$80 (\$40 of which is a BC Athletics training membership) 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 \$80 is deducted from the total fees.

This is not available for track rascals.

- Methods of Payment -

1. Online at AthleticsReg with a credit card (there is a small processing fee for payment by this method) either in full or in 4 monthly installments.
2. Full payment by e-transfer to Brad Heinzman at president@okac.ca
3. Monthly installment via e-transfer to Brad (see #2) The first e-transfer must be received prior to the first practice (April 10th) and then on the 1st of each month (May, June, and July)
4. Monthly installment via postdated cheques. All cheques must be brought to the first practice (April 10th) and be dated April 10th, May 1st, June 1st, and July 1st.

**** Our Payment Plan Agreement must be signed at registration; it can be viewed at:**

<https://okac.ca/wp-content/uploads/2023/09/OAC-PAYMENT-PLAN-AGREEMENT.pdf>

***** 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.**

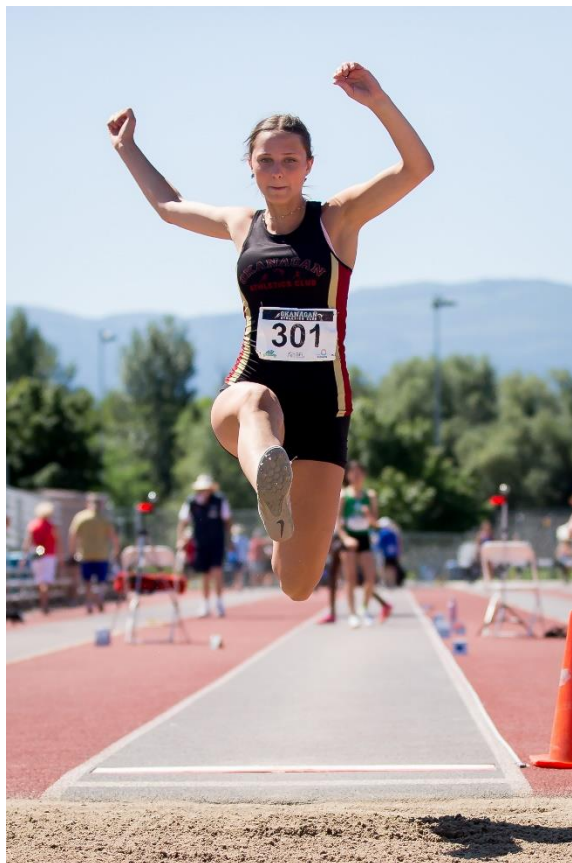
Please note: OAC has adopted a "No Pay, No Play" policy, whereby OAC fees that have not been paid in full (or whereby a pre-approved payment plan is not in place) by the athlete's first training session of the season, then that athlete will NOT be permitted to train and/or compete in OAC meets. Additionally, 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 -

All BC Athletics memberships are valid for 2024. Athletes who were registered for the 2023/24 fall or winter programs will not need to pay the BCA fee again. Athletes have a choice of a competitive membership as per the table opposite or a training only membership. Athletes need a competitive membership to compete at track meets.

- 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/Family Discount -

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

- 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 10th – 15% discount

After June 30th – 25% discount

The BCA fees are never pro-rated.

- 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.



**** 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 -

Group	Monday	Wednesday	Thursday	Saturday	Sunday
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 beginning Monday/Wednesday, April 15th/17th until Monday/Wednesday, June 24th/26th

Junior Development: Wednesday, April 10th until Wednesday, July 24th

Power/Speed & Middle Distance: Wednesday, April 10th until Wednesday, August 7th

Supplemental Training: Thursday, April 18th until Thursday, July 25th (power/speed)

Supplemental Training: Thursday, April 18th until Thursday, July 25th (middle distance)

- No Practice Dates -

Monday, May 20th - Victoria Day

Monday, July 1st - Canada Day

Thursday, April 25 – Twilight Meet #1

Thursday, May 23 – Twilight Meet #2

- Training Shirt -

As part of registration, each athlete who registers by Monday April 1st 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

- Training Venues -

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

- Track Meets -

Club Hosted Meets:

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):

April 21: Vernon all comers meet - Vernon

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 TBC: 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

*** 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:

Dave McLeod

Jumps:

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

Sprints/Hurdles:

Pat Sima-Ledding (Program Coordinator)
Keely Watts-Watling
Skylar Bown

Multi Events:

Pat Sima-Ledding

OAC Head Coach:

Pat Sima-Ledding

Track Rascals:

Amy Horak (Program Coordinator)
Oliver Westlund
Hailey Millar
Jordan Shojan

Junior Development:

Omar Mourad (Program Coordinator)
Marilyn Benz
Davis Spencer
Pishon Haughton
Caitlin Peever
Siena Mostowy
Cai Collingwood
Kezia Mallinson
Ryland Neels
Jenna Fierbach
Maya Guarasci

- 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 performance athletes and aspiring performance athletes as well as athletes who wish to train in multiple events (track events and throws for example). This group will attend all 5 weekly training sessions. (4 sessions for middle distance athletes)

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

For all other information, please refer to our
2024 OFFICIAL OAC 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
250 862 6039

