



## REGISTRATION PACKAGE - FALL & WINTER 2019/2020

Registration for this season will be online at: [www.trackiereg.com/2020-OACS](http://www.trackiereg.com/2020-OACS)

Registration opens **Friday, August 23<sup>rd</sup>, 2019**

### 2019/2020 Fall & Winter Season Fee Schedule

#### Cross Country

Age on Dec 31 <sup>st</sup> , 2019	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>9-13 (2010-2006)</b>	<b>Junior Development (x-country only)</b>	*See below	\$135.00	\$50.00	\$185.00 + BCA fee if applicable
<b>9-13 (2010-2006)</b>	<b>Junior Development (x-country and track &amp; field)</b>	\$60.00	\$365.00	\$150.00	\$575.00
<b>14+</b>	<b>Senior Cross Country Only</b>	*See below	\$260.00	\$75.00	\$335.00 + BCA fee if applicable
<b>14+</b>	<b>Middle Distance Training (January – March)</b>	Applicable BCA Fee	\$175.00	\$75.00	\$250.00 + BCA fee

JD Cross Country athletes must be 9 years of age in 2019

#### Track Rascals

Age on Dec 31 <sup>st</sup> , 2020	Membership Type	*BCA	Training Fee		Total Fees	
<b>6-8 (2014-2012)</b>	Track Rascals	\$15.00	\$135.00 (1 Day)	\$195.00 (2 Days)	\$150.00 (1 Day)	\$220.00 (2 Days)

#### Junior Development

Age on Dec 31 <sup>st</sup> , 2019	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>9-13 (2011- 2007)</b>	JD	\$60.00	\$365.00	\$150.00	\$575.00

#### Middle Distance

Age on Dec 31 <sup>st</sup> , 2019	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
<b>13 (2007)</b>	JD Athletes training with the Middle Distance Group <i>(by invitation only)</i>	\$60.00	\$425.00	\$150.00	\$635.00
<b>14 (2006)</b>	U16	\$70.00	\$425.00	\$150.00	\$645.00
<b>15 (2005)</b>	U16	\$73.50	\$425.00	\$150.00	\$648.50
<b>16-34 (2004-1986)</b>	U18/U20/Senior	\$94.50	\$425.00	\$150.00	\$669.50
<b>18-22 (2001-1997)</b>	**Post-Secondary	\$73.50	\$425.00	\$150.00	\$648.50
<b>35+ (1987-)</b>	Master	\$63.00	\$360.00	\$150.00	\$573.00

## Power/Speed

Age on Dec 31 <sup>st</sup> , 2019	Membership Type	*BCA	Training Fee	Raffle Tickets	Total Fees
13 (2007)	JD Athletes training with the Power/Speed Group (by invitation only)	\$60.00	\$455.00	\$150.00	\$665.00
14 (2006)	U16	\$70.00	\$455.00	\$150.00	\$675.00
15 (2005)	U16	\$73.50	\$455.00	\$150.00	\$678.50
16-34 (2004-1986)	U18/U20/Senior	\$94.50	\$455.00	\$150.00	\$699.50
18-22 (2002-1998)	**Post-Secondary	\$73.50	\$455.00	\$150.00	\$678.50
35+ (1987-)	Master	\$63.00	\$360.00	\$150.00	\$573.00

*Indoor high jump training will take place at the L'Anse au Sable school gym from November. Days/times to be confirmed early September.*

## 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](mailto:president@okac.ca)
3. In person at the track on the first day of practice by cash or cheque
4. By monthly installment via e-transfer to Brad (see #2) or postdated cheques dated the 1<sup>st</sup> of each month. The first e-transfer and all postdated cheques must be received on or before the first day of 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 with the Club. Additionally, any athlete with outstanding fees from any previous season(s) will not be permitted to train unless a payment plan is in place.***



## Annual BC Athletics Fee

\* Athletes training for cross country only, who have participated in our Spring/Summer programs will not need to purchase a BCA membership

## Post-Secondary Athletes

\*\* Post-secondary athletes must be enrolled full time at a recognized post-secondary institution (documentation required)

## Fall/Winter 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 winter raffle. Each athlete/family will purchase raffle tickets as part of their registration, which you can sell to recoup your money or keep to win one or more of the fabulous prizes!



Full Season – 30 raffle tickets (\$150)  
JD Cross Country only– 10 raffle tickets (\$50)  
Senior Cross Country only – 15 raffle tickets (\$75)

The draw date for the raffle is Saturday, February 15<sup>th</sup>, 2020. Raffle ticket stubs must be returned to Karen by Thursday, February 13<sup>th</sup>, 2020.

## Sibling Discount

There is a 15% discount for a 2<sup>nd</sup> sibling and 30% 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.

***The BCA fees are never pro-rated.***

Fall/Winter:      After November 4th – 15% discount - 30 raffle tickets (\$150)  
                            After January 1st – 25% discount – 10 raffle tickets (\$50)

## Supplemental Training

Supplemental training is an additional \$175 – please speak to Pat if you wish to sign up for this.

## Trial Membership

3 x trial membership –for athletes new to track and field we have our 3x trial option. 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.

## Outdoor/Indoor Training Times & Locations

### 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!

Mondays or Wednesdays 4:00pm-5:30pm, beginning Monday, September 23<sup>rd</sup>/Wednesday, September 25<sup>th</sup> and running until Monday, March 2<sup>nd</sup> /Wednesday, March 4<sup>th</sup>, 2020

Practices will take place at the Apple Bowl until Monday, November 4<sup>th</sup>, when we move indoors to the CNC on Gordon Drive.

\*There will be no Track Rascals practice on:

Monday, October 14<sup>th</sup>, Wednesday, October 16<sup>th</sup>, Monday, November 11<sup>th</sup>, Wednesday, November 13<sup>th</sup>, Monday, February 17<sup>th</sup>, and Wednesday, February 19<sup>th</sup>.

\*Our last practice before Winter Break will be Wednesday, December 18<sup>th</sup> and we will return on Monday, January 6<sup>th</sup>, 2020.

Track Rascals can train either Monday or Wednesday or both if they wish; see registration for fees

### Junior Development – Cross Country (ages 9-13)

\*\*Athletes must be at least 9 years of age in 2019 to be eligible for this program\*\*

The JD Cross Country program is a 6 week program which begins Thursday, September 12<sup>th</sup> and ends Thursday, October 24<sup>th</sup>.

Practices will be held on Thursdays from 4:30pm - 6:00pm at Mission Creek Park (meet at the ECCO Centre). Subsequent practices will take place at different locations to be announced. Practices are also held on Saturdays from 10:00am – 12:00pm at locations TBD.

Athletes who choose to participate in this program may also join the track and field program AFTER the cross country season has ended.

Athletes are not permitted to train for cross country and track and field at the same time.

\*\*Please note that this program will only run if there is a minimum of 10 athletes registered.

The Cross Country Championships will be held in Saanich, BC in Saturday, October 26<sup>th</sup>, 2019.

\*There will be no JD practice on:

Monday, October 14<sup>th</sup>



### **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.

Mondays and Wednesdays from 4:00pm – 5:30pm, beginning Wednesday, September 18<sup>th</sup> and running until Wednesday, March 4<sup>th</sup>.

Practices will take place at the Apple Bowl until Monday, November 4<sup>th</sup>, when we move indoors to the CNC on Gordon Drive.

\*There will be no JD practice on:

Monday, October 14<sup>th</sup>, Monday, November 11<sup>th</sup>, and Monday, February 17<sup>th</sup>

\*Our last practice before Winter Break will be Wednesday, December 18<sup>th</sup> and we will return on Monday, January 6<sup>th</sup>, 2020.

### **Senior Power/Speed (U16, U18, Junior, Senior, & Masters)**

All senior athletes who wish to train for sprinting, hurdles, jumps and throws will train in the power/speed group.

Mondays and Wednesdays 5:30-7:30pm and Saturdays from 10:00am-12:00pm, beginning Wednesday, September 18<sup>th</sup> and running until Wednesday, March 4<sup>th</sup>.

Practices will take place at the Apple Bowl until Monday, November 4<sup>th</sup>, when we move indoors to the CNC on Gordon Drive.

\* There will be no Power/Speed practices on

Monday, October 14<sup>th</sup>, Monday, November 11<sup>th</sup>, and Monday, February 17<sup>th</sup>

\*Our last practice before Winter Break will be Wednesday, December 18<sup>th</sup> and we will return on Monday, January 6<sup>th</sup>, 2020.

### **Senior Cross Country/Middle Distance (U16, U18, Junior, Senior, & Masters)**

The Middle Distance Group consists of training for longer distance events such as 800m and above.

Cross Country Training – Monday, Thursday from 4:00 – 5:30pm and Saturday, 9:00 – 10:30am beginning Thursday, September 5<sup>th</sup> until Thursday, November 28<sup>th</sup>. The group will then take a break until January 6<sup>th</sup>, 2020.

Indoor Training – Monday and Wednesday from 4:30 – 6:00pm at the CNC from Monday, January 6<sup>th</sup>, to Wednesday, March 4<sup>th</sup>.

\* There will be no Cross Country/Middle Distance practices on the Thanksgiving and Remembrance Day long weekends

Senior athletes have the option of participating in just the cross country program until November 1<sup>st</sup> or just the middle distance program from January 2020.

The BC Cross-Country Championships will be in Saanich B.C. on Saturday, October 26<sup>th</sup>.

The BC High School Cross-Country Championships will be held in Abbotsford on Saturday, November 2<sup>nd</sup>.

National Cross-country championships will be held in Abbotsford on Saturday, November 30<sup>th</sup>.

If you are unsure which group you or your child should be training with, or you have any questions, please contact our Head Coach, Pat at [headcoach@okac.ca](mailto:headcoach@okac.ca).

### **Supplemental Training (Power/Speed Senior Athletes)**

Supplemental Training will be held Sundays from 10:00am-11:30pm, locations TBD, beginning Sunday, September 29<sup>th</sup>  
(dependent on registration numbers)

**Please check the calendar on our website regularly for updates: [www.okac.ca/calendar](http://www.okac.ca/calendar)**

### **Training Shirt**

As part of registration, each athlete who registers by September 9, 2019 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 or cases of extreme hardship, 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.

Athletes are asked to arrive for practice on time. If, for any reason you will be late or cannot make it to a practice, please inform your coach ahead of time. **We practice rain or shine.** In the event of inclement weather such as thunderstorms, we will contact everyone to notify you if practice is cancelled. Parents, please pick up your athletes on time at the end of each practice.

As always please do not hesitate to contact me if you have any questions. We are looking forward to another successful and enjoyable season!

Karen Hatch  
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