



REGISTRATION PACKAGE SUMMER 2020

REGISTRATION

Registration for this season will be online at: www.trackiereg.com/OACS-Summer2020

Registration opens: Sunday June 28th @ 9:00am for athletes currently training online

Tuesday June 30th @ 12:00pm for all other athletes

2020 Summer Training Fee Schedule

Junior Development

Age on Dec 31 st , 2020	Membership Type	*BCA	Training Fee	Total Fees
9-13 (2011- 2007)	JD	\$15.75	\$175.00	\$190.75

Middle Distance

Age on Dec 31 st , 2020	Membership Type	*BCA	Training Fee	Total Fees
13 (2007)	JD Athletes training with the Middle Distance Group <i>(by invitation only)</i>	\$15.75	\$195.00	\$210.75
14+ (2006 -1987-)	U16/U18/U20/Senior/Post-Secondary/Master)	\$15.75	\$195.00	\$210.75

Power/Speed

Age on Dec 31 st , 2020	Membership Type	*BCA	Training Fee	Total Fees
13 (2007)	JD Athletes training with the Power/Speed Group <i>(by invitation only)</i>	\$15.75	\$255.00	\$270.75
14+ (2006 – 1987-)	U16/U18/U20/Senior/Post-Secondary/Master)	\$15.75	\$255.00	\$270.75

Throws Group

Age on Dec 31 st , 2020	Membership Type	*BCA	Training Fee	Total Fees
14+ (2006 – 1987-)	U16/U18/U20/Senior/Post-Secondary/Master)	\$15.75	\$255.00	\$270.75

Supplemental Training

Age on Dec 31 st , 2020	Membership Type	*BCA	Training Fee	Total Fees
14+ (2006 – 1987-)	U16/U18/U20/Senior/Post-Secondary/Master)	\$15.75	\$405.75	\$420.75

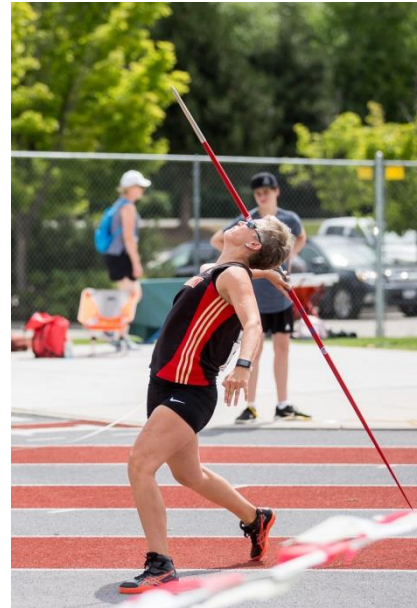
Methods of Payment

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
3. By monthly installment (2 equal payments) via e-transfer to Brad (see #2).
The first e-transfer must be received prior to the first practice (July 6th)

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

Athletes who were registered for the 2020 online training program, the 2020 spring/summer outdoor season or the fall/winter season will not need to pay the BCA training fee of \$15.75 again.



Spring/Summer Fundraising

As our fundraising opportunities will be limited this year, we are asking each family to provide/source at least 1 silent auction item for our pub night which is scheduled for October 9th
Please contact Cassandra for more information: cassandra@okac.ca

Sibling Discount

There is a 10% discount for a 2nd sibling and 15% for 3rd + from the OAC training fee. This will be applied automatically on registration.

Training Shirt

As part of registration, each athlete who registers by July 6th, 2020 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.

Outdoor Training July 6th to August 26th (August 12th for the middle-distance group)

Due to COVID-19, outdoor training will be different this year. Strict protocols have been put in place to allow us to resume our programs. There will be no Track Rascal program until the Fall (at the earliest). Our training groups will be split into “pods” of 9 athletes + 1 coach. Each practice day will be split in to 2 separate training sessions.

All athletes and parents will be required to:

- *Agree to and sign the “Informed Consent and Assumption of Risk Agreement” - Parent/Guardian for Minors (under the age of 19)
- *Agree to and sign the “Release of Liability, Waiver and Claims and Indemnity Agreement” - Adult members of BC Athletics
- *Complete the “COVID-19 Questionnaire, Attestation and Participation Agreement” - Parent/Guardian for Minors (under the age of 19) or Adult members of BC Athletics
- *Provide their mailing address, phone number and email address

More information available at: <https://www.bcathletics.org/News/step-by-step-instructions-on-your-return-to-training/3005/>

Due to the COVID-19 restrictions there will be a cap of 9 athletes in each group. We therefore recommend that you register early. Priority will be given to the athletes who registered for the 2020 online training session.

Schedule

Group	“Pod”	Session 1	Session 2	Session 3
Junior Development	A	Mon 4:45 - 6:15pm		Sat 9:00 – 10:30am
*Junior Development	*B		Wed 4:45 – 6:15pm	Sat 10:45 – 12:15pm
Senior Power/Speed	A	Mon 4:45 – 6:15pm	Wed 4:45 – 6:15pm	Sat 9:00 – 10:30pm
Senior Power/Speed	B	Mon 6:30 – 8:00pm	Wed 6:30 – 8:00pm	Sat 10:45 – 12:15pm
Supplemental	E	Mon 4:45 – 8:00pm	Wed 4:45 – 8:00pm	Sat 9:00 – 12:15pm
Throws Group	A	Mon 4:45 – 8:00pm	Wed 4:45 – 8:00pm	
Middle Distance	A	Mon 4:45 – 6:15pm	Wed 4:45 – 6:15pm	Online

***Junior Development group “B” – registration for this group will open only when/if group A fills**

Competitions

As all outdoor 2020 competitions have been postponed or cancelled, we are hopeful to be able to offer 2 “mini meets” on Saturday July 25th and Wednesday August 26th.

These meets may or may not be sanctioned but will be held in accordance with COVID-19 protocols and will follow World Athletics (formerly IAAF) rules.

OAC Senior Coaches:

Malindi Elmore - Middle Distance

Dayton Bath – Middle Distance (TBC)

Rochelle Minagawa – Throws
Matt Pilkington - Throws
Pat Sima-Ledding - Sprints, Hurdles, Jumps,
Combined Events
Stefanie Hatch – Sprints, Hurdles
Rostam Turner – Power/Speed (TBC)

OAC JD Coach:

Skylar Bown

Training Groups

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 6 weekly training sessions

Please note that Pole Vault, High Jump, Long Jump and Triple Jump will not be offered at this time, although athletes will practice the drills for these events.

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 **2020 OFFICIAL OAC HANDBOOK**, which can be found online at:

<http://okac.ca/wp-content/uploads/2020/06/2020-OFFICIAL-HANDBOOK-Summer-OAC.pdf>

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

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