



REGISTRATION PACKAGE WINTER 2021

REGISTRATION

Registration for this season will be online at: www.trackiereg.com/OACS-Winter2021

Please Note that due to limited numbers of athletes allowed to train, priority to register for this session will be given to athletes who trained in both of our fall and winter 2020 sessions.

Registration opens to the general public: Friday, January 1st, 2021

2021 WINTER TRAINING Fee Schedule

Winter Session: Monday January 11th – Wednesday March 10th, 2021

Register at www.trackiereg.com/OACS-Winter2021

Age on Dec. 31st, 2021	Membership Type	*BCA Fee	OAC Training Fee	Raffle Tickets	Total Training Fees
9-13 (2012 – 2008)	Junior Development (track & field)	\$15.75	\$135.00	\$50.00	\$200.75
13 (2008)	J.D. Athletes training with Power/Speed group <i>(by invitation only)</i>	\$15.75	\$160.00	\$50.00	\$225.75
13 (2008)	J.D. Athletes training with Middle Distance group <i>(by invitation only)</i>	\$15.75	\$160.00	\$50.00	\$225.75
14+ (2006+)	Power/Speed Group	\$15.75	\$160.00	\$50.00	\$225.75
14+ (2006+)	Middle Distance Group	\$15.75	\$160.00	\$50.00	\$225.75

*Athletes who participated in our fall/winter 2020 training will not need to pay this fee but athletes who had a 2020 competitive membership from the spring/summer registration will pay the fee.

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. In person at the track on the first day of practice by cash or cheque.

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.

Fall/Winter Raffle

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 10 raffle tickets as part of their registration (\$50) per 3rd of the season, which you can sell to recoup your money or keep to win one or more of the fabulous prizes!

Raffle tickets will be available from Karen or Cassandra at practice. Please be sure to collect them. Please return the ticket stubs to Karen or Cassandra by Wednesday, February 24th, 2021. The draw date will be Wednesday, March 3, 2021.

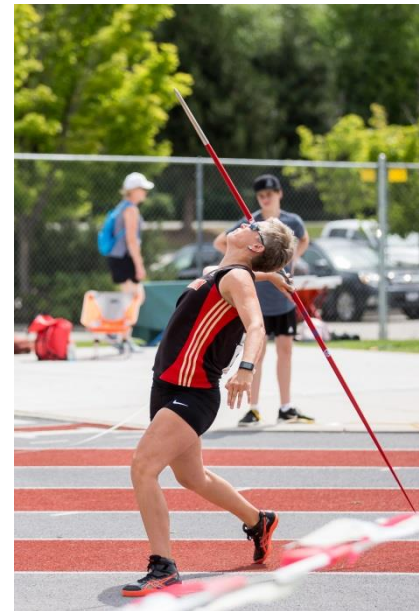
Sibling Discount

There is a 15% discount for a 2nd sibling and 30% for 3rd plus from the OAC training fee. This will be applied automatically on registration.

Training Shirt

As part of registration, each athlete will receive an OAC training shirt to keep for the Fall/Winter Season (only 1 per season). If you were registered for our Fall/Winter 2020 programs, you should already have your training t-shirt.

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.

Training Information

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 Spring (at the earliest). Our training groups only allow 19 athletes + 1 coach.

Unfortunately, at this time, athletes over the age of 18 are not permitted to train.

Programs for adults 19+ will open once COVID-19 restrictions are changed.

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)

*Provide their mailing address, phone number and email address

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

JUNIOR DEVELOPMENT - TRACK AND FIELD (9-13 years)

Our Junior Development athletes will be training at the **Apple Bowl** every **Monday and Wednesday 4:00 – 5:30pm.**

POWER/SPEED (Sprints, Sprint Hurdles Jumps and Throws)

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

Training will be at the **Apple Bowl** every **Monday and Wednesday 5:45 – 7:15pm and Saturday 10 – 11:30.**

SENIOR MIDDLE DISTANCE

All senior athletes who wish to train for distances of 800m + will train in the middle-distance group.

Middle distance training: **Monday and Wednesday 5:45 – 7:15pm and Saturday 10 – 11:30am.**

There will be NO practices for all groups on Monday February 15th, 2021

Competitions:

There are no indoor track meets planned at this time. Should this change, information will be sent by email. For this session, athletes will be purchasing a BC Athletics 2021 "training" membership. If competition goes ahead at any point in the year, athletes wishing to compete will be required to upgrade their memberships to a "competitive" membership. There is an additional fee for this.

OAC Senior Coaches:

Pat Sima-Ledding - Sprints, Hurdles, Jumps, Middle Distance, Combined Events

Rochelle Minagawa – Throws

Matt Pilkington – Throws

Nicole Carlos - Throws

Stefanie Rodway – Sprints, Hurdles

OAC JD Coaches:

Johanna Macheledt

Noah Russell

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.



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

2021 OFFICIAL OAC HANDBOOK

which can be found online at:

<http://okac.ca/wp-content/uploads/2020/12/2021-OFFICIAL-HANDBOOK- Winter-OAC.pdf>

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

Karen Hatch
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