

EXPECTATIONS OF HIGH SCHOOL ATHLETES AND PARENTS

Athletes:

- Coaches expect that you will attend practices as per the schedule. Please communicate with your coach if:
 - you will not be attending regularly.
 - if you are going away.
 - if you will not be attending a practice.
- Communicate with coaches regarding any injuries and status of recovery.
- Athletes are encouraged to volunteer as coach assistants in the junior development and track rascals programs. Contact Coach Wanda for details!

Parents:

- In 2024, NTFC will be hosting the Elwood Wylie + BC Summer Games Trials (end of May), BC High School Championships (June 6-8) and BC Athletics Provincial Track + Field Championship Jamboree (July 12-14). This is a big undertaking for our club, volunteer coaches, officials and Board of Directors. At the same time, hosting at our home track saves our members considerable expense in time, travel and accommodations. In return, it is expected that you reserve the dates of these events on your calendars and be available to volunteer your time to hosting these events.
- Apart from volunteering at the above championship events, please consider a position on the board of directors, or other important roles such as, Concession Coordinator, NTFC Gear Organizer, Volunteer Coordinator, Fundraising, etc.