



Hamilton Olympic Club

Registration Information Handbook

Welcome to HOC! The registration process occurs using an online platform (trackiereg.com). During the registration process you will be required to register for an Athletic Ontario Membership, sign up for Volunteer Options, sign a variety of waivers, and pay registration fees. All of this is available within the website at the link.

Step 1: Athletics Ontario Membership

All athletes must have a current membership with Athletics Ontario to be able to complete the HOC registration process. You can register for Athletics Ontario by following the link below. Please note that there is an additional charge (from Athletics Ontario). You can pay less for a recreational membership now and always upgrade to a competitive membership later if you decide to compete.

<https://athleticsontario.ca/athlete-registration/>

Once you have the AO registration complete, then you can proceed back to our HOC registration page.

If you already have a membership, then proceed to Step 2.

Step 2: HOC Registration

Proceed to HOC Registration Page: <http://www.trackiereg.com/2023-hocregistration> and enter pertinent personal information including:

1. Athletics Ontario Number:

Enter the AO number or just type your athlete's name into the "Look-Up" field to find your AO#.

2. AO Registration Type

Members can choose a "competitive" or "non-competitive" options. If you do not know if you will be competing, then choose "non-competitive" for your Athletics Ontario Membership Type.

3. Volunteer Requirements

HOC operates on the generosity of volunteers. As such, we require your support

in sharing the load in order that we keep the costs low and maintain a high level of access to the sport of Track and Field.

- **Booster Club Option:** The Booster Club volunteers assist the club in running the Tuck Shop during practises/meets, supporting set-up and tear downs for meet and running meet registration tables. Bill Urie is our Volunteer Coordinator and he will reach out to you if you select this option. Bill can be reached at uriewm@interlynx.net
- **In lieu of volunteering,** you will be required to pay an additional \$100. This option is available under additional purchases.

4. Category: Select the team for which you are registering

Youth Development (Grade 2-5) Coach: Richard Gelder	Intermediate (Grade 6-8) Coach: Michael Smith
Senior Power/Sprint (Highschool) Adult Power/Sprint (18+) Coach: Marcello Campanaro	Senior Distance (Highschool) Adult Distance (18+, Summer only) Coach: Patti Moore

5. Membership Type: Select the season for which you are registering.

Youth Development Program <ul style="list-style-type: none"> ● Spring/summer \$150 ● Fall \$150 	Intermediate Groups <ul style="list-style-type: none"> ● Annual \$500 ● Winter \$250 ● Spring/summer \$250 ● Fall \$150 	Senior Groups <ul style="list-style-type: none"> ● Annual \$550 ● Winter \$275 ● Spring/summer \$275 ● Fall \$175 	Adult (18+) <ul style="list-style-type: none"> ● Seasonal: \$100, ● Annual: \$250 ● Competitions not included
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6. Waivers: Required Waivers (accessible during the registration process)

- Athletics Ontario Waiver & Media Consent
- Drug Use and Doping Control Policy/Canadian Anti-Doping Program (CADP)
- Athletics Ontario Member Code of Conduct
- Rowans Law Concussion Resource
- Power of Attorney: (limited)

This limited Power of Attorney (POA) allows coaches to complete meet registrations and waivers for athletes, rather than having the athletes and guardians fill out new forms for every meet. This is not mandatory, but does make this more convenient for you. If you want to provide HOC with

Power of Attorney, please download the form, fill it out, sign it, and return to the registrar (email at the top of the page).

7. **Click NEXT** to proceed to the payment page where you can pay with visa/mastercard.

Competitions

The HOC training teams compete in a variety of indoor and outdoor Track and Field, and Cross Country meets for Intermediate and Senior teams only. Competition entry is at the discretion of the coach and must be sanctioned by the club. All Athletes must wear a HOC uniform when competing.

- HOC pays for all competition entry fees and provides all team members with competition singlets or t-shirts.
- Athletes are responsible for food, accommodation, and travel expenses.
- Travel to provincial or national championships MAY be covered. As well, accommodation for provincial or national championships, when necessary, under club supervision & rules, MAY be covered.
- All athletes must adhere to Covid 19 protocols set out by the competition host.

Contact Us

If you have any questions please contact your coach or the registrar, **Barb Morris**, at info@hamiltonolympicclub.ca

Coaches Email:

Richard Gelder president@hamiltonolympicclub.ca Youth Development (Grade 2-5)	Michael Smith boatsmith27@gmail.com Intermediate (Grade 6-8)
Marcello Campanaro campanarom@hdsb.ca Senior Power/Sprint (Highschool) Adult Power/Sprint (18+)	Patti Moore patti.run@gmail.com Senior Distance (Highschool) Adult Distance (18+)