

OKANAGAN ATHLETICS CLUB CARIBOO

2023/2024 FALL & WINTER TRAINING & FEE SCHEDULE

Registration for this season will be online at: <http://www.trackiereg.com/OACSCARIBOO-2023/24>

Registration opens: **Friday, September 15th , 2023**

Our Full Power/Speed Track & Field Program will begin on Tuesday, September 19th, and run until Thursday March 7th.

-Training Locations-

The school field - 6894 Tsqescen Rd. Canim Lake as long as weather permits.
And at the Canim Lake Gymnasium - 4472 Chris Lake Rd. Canim Lake thereafter.

-Training Days & Times-

Group	Tuesday	Thursday	3 rd day ?
Junior Development	4-5:30pm	4-5:30pm	N/A
Power/Speed	4-5:30pm	4-5:30pm	TBC

-Season Dates-

Tuesday, September 19th - Thursday March 7th.

There are **no** practices on the following days:

Last Practice before Winter Break - Tuesday, December 19th

First Practice after Winter Break - Tuesday, January 9th

-Program Coordinator-

Tish Diamond

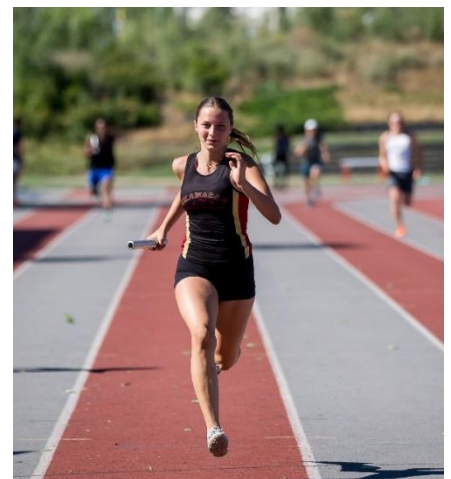
Coaches:

Jordan – Throws?

Denise

Clare

Lori



-Track Meets-

OAC Fall Twilight Meet – Thursday, October 12th, 2023

Gary Reed Indoor Classic – February 2024 – Kamloops (exact dates TBC)

Van Ryswyk Indoor meet – February/March 2024 – Kamloops (exact dates TBC)

Entry fees for competitions are additional to the program fees listed below. Athletes are responsible for their own travel expenses to competitions and accommodation costs as applicable. Registration information for competitions will be sent via email by the club manager 1-2 weeks before the registration deadline.

Program Fees:

Age on Dec 31 st , 2024	Group	Fees
9-13 (2015-2011)	Junior Development	\$85.00
14+ (2010 - 1990)	Senior Group	\$125.00

Athletes will have to register with the OAC for each season (ie 2x year – the fall/winter season and the spring/summer season). All registered athletes and coaches will receive an OAC training T shirt each season.

Registration will be open for the fall/winter season is at: <http://www.trackiereg.com/OACSCARIBOO-2023/24> until Sept 30th, 2023.

Any athletes wanting to register after that point please email Karen at: manager@okac.ca and we'll figure it out

-Methods of Payment-

1. Online at [trackiereg.com](http://www.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

-Annual BC Athletics Fee-

All athletes and coaches will be registered members of BC Athletics, through the Okanagan Athletics Club. BC Athletics Membership is good to the end of 2024.

**-Practice
Cancellations-**

We practice rain or shine. In the event of inclement weather such as thunderstorms or heavy smoke, we will contact athletes by email and social media to notify you if practice is cancelled. Cancelled practices due to mother nature are not refunded.



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Athletes are asked to arrive for practice on time. If for any reason you will be late or cannot attend a practice, please inform your coach ahead of time. **Parents must pick up your athletes on time at the end of each practice.**