

MEMBERSHIP...

Age Groups

Junior Development (JD)	9-13 yrs
Midget 14	14 yrs
Midget 15	15 yrs
Youth	16-17 yrs
Junior	18-19 yrs
Senior	20+ yrs
Masters	35+ yrs

Current annual club membership fees, including applicable BC Athletics fees, are posted on our website.

Cougars pays the entry fee for all Island Series meets with the exception of the Victoria Dogwood meet.

Travel & accommodation is coordinated, with the costs being borne by members.



Nick Blackburn - 400m Hurdles
2011 Western Canada Games Gold

100% VOLUNTEER...

The Cougars is entirely volunteer-driven. Without the efforts of our parent & coach volunteers, the club could not function. Helping to officiate our local meets, fundraising, executive roles, and coaching assistance are only a few ways our membership supports club activities. Always fun, and always worthwhile.

COMPETITION SCHEDULE...

Island Series

(Mid April - Mid June)

George Dean Memorial	Sidney
Bob Dailey Memorial	Port Alberni
Dogwood Meet	Victoria
Elwood Wylie Memorial	Nanaimo
Garriock Meet	Duncan
Cougars Meet	Courtenay

BC & Regional Meets

(June - August)

BC High School Championships
Langley Pacific Invitational
BC Championships Jamboree
BC JD Championships

National Meets

(June - August)

Canadian Youth Championships
Canadian Junior Championships
Canadian Open Championships

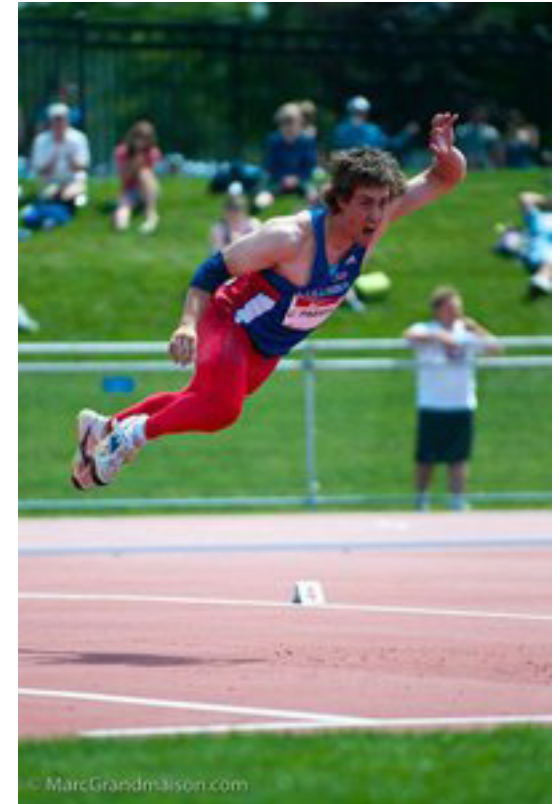
* See the complete annual calendar at

www.bcatletics.org

** Additional competitions may be added to the schedule at the coaches' discretion

COMOX VALLEY

COUGARS TRACK & FIELD CLUB



Cody Parker - Javelin
2011 Canadian Junior Champion
2011 PanAm Junior Championships Silver



WELCOME TO THE COUGARS

For over 30 years, the Comox Valley Cougars Track & Field Club has been providing coaching services, and competition opportunities to athletes in the Comox Valley and surrounding region.

The mission of our club is to help all interested kids & adults develop an understanding of the skills and techniques of Track & Field so as to enable them to enjoy a lifetime involvement with the sport. However, we are also motivated to train and work with athletes who display exceptional talents to reach and extend their competitive goals. Above all, we wish to promote the notion of friendly competition.

Unlike many other sports, track & field offers opportunity for individual achievement within a supportive team environment. Over 20 varied event disciplines span running, jumping, & throwing... there is always something for everyone to enjoy.



PRACTICE SESSIONS...

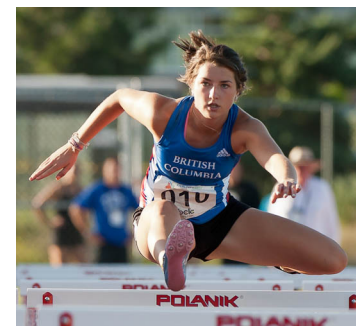
Regular club practices begin in early March, rain or shine, 3 days each week. Check the website for specific times.

The 90 minute practice sessions are divided into the following sections...

Warm-up
General Conditioning Set
Technical I (specific event rotation)
Technical II (specific event rotation)
Cool-Down

New and younger athletes are encouraged to spend time developing skills in a variety of event disciplines.

Year-round training is available to interested & dedicated athletes.



LIFE IN THE FAST LANE...

In addition to the fantastic Island Series of meets, Cougar athletes can compete in regional events on the mainland, and many compete at the provincial & national level. You do not have to be the best to have a great time!

- + BC Age Group Championships
- + BC Summer Games (14-15)
- + Canada Games (23 & under)
- + Canadian Age Group Championships
- + Commonwealth Games
- + World Age Group Championships
- + Olympic Games

Considering College?

Many Cougar athletes have received track & field scholarships over the years. 5 in 2011 alone! Talk to John May for information.

Interested in any or all of the above?

It's up to you, but you can count on Cougars to support you all the way.

It all starts at the Vanier Oval.

... see you there!

COMOXCOUGARS.ORG