



ATHLETICS CLUB

OKANAGAN ATHLETICS CLUB **REGISTRATION PACKAGE** **FALL/WINTER 2017/18**

Welcome back to another exciting and busy track and field season.

NEW THIS YEAR: Registration will be online at trackiereg.com/2018-OACS only. Registration will open on Friday September 1st.

There will be 3 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 Paul Selzer at president@okac.ca
3. In person at the track on the first day of practice by cash or cheque.

If you wish to pay in installments, please contact Karen at manager@okac.ca or 250 862 6039 (text or call)

Installments will be in the form of postdated cheques. All cheques must be received by the athlete's first practice.

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 1st training session of the season, then that OAC member will NOT be allowed to train with OAC.

Included in this package is our 2017/2018 schedule and fee structure. If you are unsure which group you or your child should be training with or if you have any questions, please contact our head coach Pat Sima-Ledding (eledding@shaw.ca) who will be happy to advise you.

Please note that the registration deadline for existing OAC athletes is September 30th.

SEASON DATES.

Fall/Winter season dates:

Track Rascals: Monday/Wednesday September 25/27th - Monday/Wednesday March 5/7th

Junior Development: Monday September 18th - Wednesday March 7th

Power/Speed: Monday September 18th - Wednesday March 7th

Cross Country/Middle Distance: Monday September 7th - November 23rd (middle distance beginning January TBD)

New this year: JUNIOR DEVELOPMENT CROSS COUNTRY: Thursday September 21st - Thursday October 26th

There will be NO practices for all groups on Monday October 9th, Saturday November 11th and Monday February 12th.

Our last practice before Winter Break will be Wednesday December 20th (December 11/13th for Track Rascals) and we will return on Wednesday January 3rd. (January 8/10th for Track Rascals) (middle distance group please see information below)

Please check the calendar on our website regularly for updates: <http://okac.ca/calendar/>

SEASON GUIDELINES.

Athletes are asked to arrive for practice on time. If, for any reason you will be late or cannot make it to a practice, please inform your coach. Whilst training outside, athletes should dress warmly in layers and bring a water bottle.

Parents: please collect your athletes on time at the end of each practice.

TRAINING INFORMATION.

TRACK RASCALS. (6-8 yrs)

The Track Rascals will practice at the **Apple Bowl** every **Monday or Wednesday 4:00 – 5:30pm**

Track Rascals can train on both days if they wish. (extra fee)

Practice will move indoors to the **CNC on Gordon Drive on Monday November 6th**

In addition to the list above, there will be NO practice for Track Rascals on:

Wednesday October 11th and Wednesday February 14th

JUNIOR DEVELOPMENT – CROSS COUNTRY. (9-13 YRS)

NEW this year. We will have a separate cross-country program for J.D. Athletes. This is a 6-week program and will run from Thursday September 21st until Thursday October 26th.

Practice will be on **Thursdays from 4:30 – 5:30 at mission Creek park** (meet at the ECO Centre) and **Sundays 10:30 – 12 noon** (location TBD) **1st Sunday practice will be at the base of Knox mountain**

Athletes who choose to participate in this program may also join the track and field program *after* the cross-country season has ended. Athletes are not permitted to train for cross country and track and field at the same time.

The Junior Development cross country championships will be Saturday October 28th in Abbotsford B.C.

JUNIOR DEVELOPMENT. (9-13 yrs) TRACK AND FIELD

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

Practice will move indoors to the **CNC on Gordon Drive on Monday November 6th.**

POWER/SPEED GROUP (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 5:30 – 7:30pm and Saturday 10 – 12 noon. (location to be announced)**

Practice will move indoors to the **CNC on Gordon Drive on Monday November 6th.**

Please note that indoor times may change depending on group size.

CROSS COUNTRY/MIDDLE DISTANCE GROUP.

Cross Country training: **Monday and Thursday 4:00-5:30 and Saturday 9-10:30, beginning September 7th. Monday and Saturday at the mission greenway, Thursday at the Apple Bowl.**

There will be a break from November 25th until January when practice will move indoors (dependent on weather) ***There will be no practices on the Thanksgiving and Remembrance long weekends.***

Senior athletes have the option of participating in just the cross-country program until November 23rd or just the middle distance program from January 2018. There is also the option to participate in both from September until March.

SUPPLEMENTAL TRAINING. (Power/Speed Senior Athletes)

Supplemental training will be ***Sundays 10 – 11:30am*** location TBA beginning ***Sunday October 1st***

MEET INFORMATION.

All athletes must register for any winter indoor track meets via trackiereg.com

Details will be sent out via email. Please note the entry deadlines as late entries incur a large fee.

FALL/WINTER FUNDRAISING.

Fundraising is important to our club and we require all athletes to be involved. We will once again be holding our winter raffle. Each athlete/family will purchase 20 raffle tickets at registration (\$100), which you can sell to recoup your money or keep to win one or more of the fabulous prizes we have on offer.

FEES

| Age on Dec. 31 st 2018 | Membership Type | BCA Fee | OAC Training Fee | Total Training Fees |
|-----------------------------------|----------------------------------------------------|------------|------------------|-------------------------------|
| 9-13 (2009 - 2005) | Junior Development (x-country only) | \$60.00 | \$115.00 | \$175.00 |
| 9-13 (2009 - 2005) | Junior Development (x-country and track and field) | \$60.00 | \$335.00 | \$395.00 |
| 14+ | Senior Cross Country only | *See below | \$250.00 | \$250 + BCA fee if applicable |
| 14+ | Middle Distance Training (January – March) | See below | \$200.00 | \$250 + BCA fee |
| All Athletes 9+ | Raffle Tickets | | | \$100.00 |

- Athletes training for *cross country only* who participated in our spring/summer programs will not need to purchase a BCA membership.

FEES

| Age on Dec. 31 st 2018 | Membership Type | BCA Fee | OAC Training Fee | | Total Training Fees | |
|-----------------------------------|---------------------------------------------------------------------------|---------|------------------|----------------|---------------------|----------|
| 6-8 (2012 - 2010) | Track Rascals | \$15.00 | \$125 (1 day) | \$195 (2 days) | \$140.00 | \$210.00 |
| 9-13 (2009 - 2005) | Junior Development | \$60.00 | \$335.00 | | \$395.00 | |
| 13 (2005) | J.D. Athletes training with Power/Speed group (by invitation only) | \$60.00 | \$425.00 | | \$485.00 | |
| 13 (2005) | J.D. Athletes training with Middle Distance group (by invitation only) | \$60.00 | \$395.00 | | \$455.00 | |
| 14 (2004) | Midget | \$70.00 | \$425 (p/s) | \$395 (m/d) | \$495.00 | \$465.00 |
| 15 (2003) | Midget | \$73.50 | \$425 (p/s) | \$395 (m/d) | \$498.50 | \$468.50 |
| 16-39 (2002 - 1983) | Youth/Junior/Senior | \$94.50 | \$425 (p/s) | \$395 (m/d) | \$519.50 | \$489.50 |
| 18-22 | Post Secondary | \$73.50 | \$425 (p/s) | \$395 (m/d) | \$498.50 | \$468.50 |
| 35+ | Master | \$63.00 | \$335.00 | | \$398.00 | |
| Age 13+ | Supplemental Training | | \$150.00 | | \$150.00 | |
| All ages | 3 x trial membership | \$15.75 | \$34.25 | | \$50.00 | |
| All Athletes 9+ | Raffle Tickets | | | | \$100.00 | |

As always please do not hesitate to contact me if you have any questions. We are looking forward to another successful and enjoyable season.

Karen Hatch

Okanagan Athletics Club Manager.

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manager@okac.ca

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