



## 2017 OUTDOOR SPRING TRACK & FIELD SEASON OVERVIEW

### DATES, VENUES & TIMES:

<i>Season Start &amp; End Dates:</i>	Monday April 10, 2016 to Thursday July 27, 2017
<i>Registration Night:</i>	Monday April 10, 2016 from 6:30-8:00 pm at the Stouffville Track
<i>Track Workout Venue:</i>	Town of Whitchurch-Stouffville Arena & Track
<i>Jumper Workout Venue:</i>	Bill Crothers Secondary School, Markham
<i>Monday 6:30-8:00 pm:</i>	Track Workout
<i>Wednesday 6:30-8:00 pm:</i>	Jumper Workout i.e., high jump, long jump, triple jump etc.
<i>Thursday 6:30-8:00 pm:</i>	Track Workout

### MEMBERSHIP REGISTRATION:

- The cost for the **Outdoor Spring Track & Field Season** is \$250 per athlete.
- Remember separate registrations are required for each of the three annual seasons that an athlete chooses to participate in.
- Please bring the following items to the Season's Registration Night on Monday April 10<sup>th</sup> from 6:30-8:00 pm at the Stouffville track, or the first workout you attend:
  1. Completed member [Registration Form](#)
  2. Cheque payable to "York Region Runners Club"
  3. Photocopy of Birth Certificate & Ontario Health Card <sup>1</sup>

<sup>1</sup> Birth Certificate & Health Card information need only be provided for athlete's first club registration – they are not required for subsequent registrations.

### WORKOUT PARTICIPATION:

- There is no commitment required in terms of how often Club Members attend workouts, other than what the Athlete's schedule & homework will permit. Athletes have the choice of participating in Track Workouts (Monday & Thursday evenings) or Jumper Workouts (Wednesday evenings), or both.
- Athletes should bring a water bottle, preferably metal, to all workouts. For Monday & Thursday Track Workouts at the Stouffville track there are washrooms in the adjacent arena, and for Wednesday's Jumper Workout at Bill Crothers Secondary School the washrooms are located in the Fieldhouse facility.
- Plan to arrive 5-10 minutes prior to workouts – this will provide athletes time to change and warm-up as instructed by the Coach or Assistant Coach.

- During Track workouts Athletes are divided into multiple groups based on that evening's training plan, number of athletes in attendance, and the ages & abilities of the individual athletes.

## **MEET PARTICIPATION:**

- Meets are an important part of our program – participation is strongly recommended as a way of helping Athletes develop goal setting skills and evolving their athletic abilities.
- It is NOT the club's responsibility to pursue Athletes and their Families regarding meet participation. As a way of helping facilitate the process "*Meet Participation Request*" (MPR) Submission Deadline Notifications are added to the [Events Calendar](#) for all meets that club participates in. Normally these reminders are placed in the calendar on the Sunday prior to a meet – Parents or Athletes are asked to submit an MPR's by 6:00 pm that day if an Athlete would like to participate in that upcoming event. Athletes are allowed to participate in up to 3 events per meet.
- The Club is responsible for registering all Athletes that a [Meet Participation Requests](#) has been received for, including covering any fees associated with the registration.

