2017/2018 CLUB OVERVIEW

WORKOUT SEASONS:

OUTDOOR FALL CROSS COUNTRY SEASON – Monday August 21, 2017 to Thursday October 26, 2017

XC Venue: Town of Whitchurch-Stouffville Arena & Track and
Bruce's Mill Conservation Area
(Note: Thursday workouts will transition to Bruce's Mill part way through the season)
Jumper Venue: Bill Crothers Secondary School, Unionville/Markham

INDOOR WINTER TRACK & FIELD SEASON – Monday November 13, 2017 to Thursday April 5, 2018

Track/Jumper Venue: Toronto Track & Field Centre (TTFC), York University, Keele Campus

OUTDOOR SPRING TRACK & FIELD SEASON – Monday April 9, 2018 to Thursday July 26, 2018

Track Venue: Town of Whitchurch-Stouffville Arena & Track and
Jumper Venue: Bill Crothers Secondary School, Unionville/Markham

WORKOUT TIMES:

FALL XC SEASONS:

Monday	*6:00-7:30 pm:*	XC Workout
Wednesday	*6:00-7:30 pm:*	Jumper Workout (i.e., high jump, long jump, triple jump etc.)
Thursday	*6:00-7:30 pm:*	XC Workout

INDOOR WINTER TRACK & FIELD and OUTDOOR SPRING TRACK & FIELD SEASONS:

Monday	*6:30-8:00 pm:*	Track Workout
Wednesday	*6:30-8:00 pm:*	Field/Jumper Workout (i.e., high jump, long jump, triple jump etc.)
Thursday	*6:30-8:00 pm:*	Track Workout

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/XC Workouts (Monday & Thursday evenings) or Jumper Workouts (Wednesday evenings), or both.
- Athletes should bring a water bottle, preferably metal, to all workouts. During the Indoor Winter Season water stations are available at the TTFC for refilling, and during the two Outdoor Seasons bottles can be refilled in the arena's washrooms for workouts at the Stouffville Track.

- 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.
- When training at the TTFC the running direction for the jogging lane used for warm-ups & cool-downs will vary based on the day of the week. A sign at the entrance to the track highlights the direction – for Monday's Track Workout run counter-clockwise and for Thursday's Track Workout run clockwise.
- During Track/XC workouts Athletes are divided into multiple groups based on what is planned for that evening's workout, number of athletes in attendance, and the ages & abilities of the individual athletes.

MEET PARTICIPATION:

- Meets are a very important part of the Club – participation is strongly recommended as a way of helping Athletes develop goal setting skills and evolving their athletic abilities.
- At the outset of each new season Fred Robbins, our Head Coach and Club Director (**fred@yrrc.ca**), will determine which meets sanctioned by one of the **SPORT GOVERNING BODIES** the club will participate in. Please check the **CLUB CALENDAR** periodically for information regarding new meets that have been added or updated to existing ones.
- 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*" *Submission Deadline Notifications* are added to the events calendar. These reminders are placed in the calendar on the Sunday prior to a meet and Parents or Athletes are asked to submit their MPR's by 6:00 pm on that day if an Athlete would like to participate in the 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 REQUEST** (MPR) has been received for, including covering any fees associated with the registration.

SEASON REGISTRATION:

- The fee for each of the two ***Outdoor Seasons*** is $250.00 per Athlete.
- The club portion of the membership fee for the ***Indoor Winter Season*** is $170.00 per athlete, plus the membership cost for the Toronto Track & Field Centre (TTFC), York University.
- Athletes and their Family are responsible for all costs associated with the use of the Toronto Track and Field Centre (TTFC) facility for the Indoor Winter Season:
  - A Youth (6-17 years old) Season's Pass is $80.00 and an Adult Season's Pass is $111.75 – passes can be purchased from the TTFC's front desk via cash or cheque. Alternatively a Daily Pass for $3.25 for Youth or $5.50 for Adult can be purchased each time an Athlete attends a workout. Please note that TTFC rates are subject to change without notice.
  - **SEASON PARKING PERMITS** (Founders Road West Lot – Lot 65) are available from the University's Parking Services, or alternatively **DAILY PARKING** is available at the Founders Road East Lot.
- Please bring to the first workout that you, your son or daughter attends each season a completed **REGISTRATION FORM**, along with a cheque payable to "*York Region Runners Club*".
- For new registrations to the club a photocopy of an Athlete's Birth Certificate and Ontario Health Card is required – however once provided they will not be required for future registrations.

CLUB COMMUNICATIONS:

- To keep up-to-date about what's happening in the club there are a number of things available:
  - The YRRC.ca website's **EVENTS CALENDAR**.
  - The "*CLUB NEWS & UPDATES*" section on the website's **HOME PAGE**.
  - The Club's **TWITTER ACCOUNT** – this is where club updates are posted regarding workouts cancellations, meet package availability, new articles & magazine issue availability etc. If you do not have a Twitter account, not to worry – at the top or the right side-margin on the Club's website under "*LATEST TWEETS*", we display the last five Twitter posts.

NEXT STEPS:

- Options available:
  - Athletes can **REGISTER** and start coming out to workouts immediately or
  - Attend a workout at no cost, to see first-hand if the club is right for them.
- For those interested in attending a workout prior to joining – please email Fred Robbins, our Head Coach and Club Director (**fred@yrrc.ca**) at least 24-hours in advance to arrange. Please include in the email:
  - The type of workout you'd like to attend (Track or Jumper)
  - Workout day/date (Mon. Track/XC, Wed. Jumper or Thurs. Track/XC)
  - Any questions regarding workout training, meets etc.