



2017-2018 INDOOR WINTER TRACK & FIELD SEASON OVERVIEW

DATES, VENUES & TIMES:

Season Start & End Dates: Monday Nov. 13, 2017 to Thursday April 5, 2018

Track Workouts: Toronto Track & Field Centre (TTFC), York University
Monday 6:30-8:00 pm – Track Conditioning & Training
Thursday 6:30-8:00 pm – Track Conditioning & Training

Jumper Workouts: Toronto Track & Field Centre (TTFC), York University
Wednesday 6:30-8:00 pm – High/Long/Triple Jump Training

Registration Nights: Monday Nov. 13, 6:30-8:00 pm – Upstairs at the TTFC
Wednesday Nov. 15, 6:30-8:00 pm – Track Level with Coaching Staff
Thursday Nov. 16, 6:30-8:00 pm – Upstairs at the TTFC

MEMBERSHIP REGISTRATION:

- Separate club registrations are required for each of the three annual seasons that an Athlete chooses to participate in.
- The cost for the **Indoor Winter Track & Field Season** is \$170 per athlete, plus the costs to use the [TORONTO TRACK AND FIELD CENTRE](#) (TTFC) facility which is where all indoor workouts are held during the season.
- Athletes have the option of either purchasing a season's pass for the TTFC or paying the daily user fee on a pay as you go basis. A season's pass at the centre for a Youth (6-17 years) is \$80.00; for an Adult is \$111.75; and for a Senior (60+ years) is \$58.25. Prices are subject to change without notice. All daily & season pass fees are paid directly to TTFC, and must be made by cash or cheque at the centre's front desk.
- Please bring the following items to one of the three Season's Registration Nights listed above, or alternatively bring the paperwork & cheque to the first workout you attend:
 1. Completed member [REGISTRATON FORM](#)
 2. Cheque payable to "York Region Runners Club"
 3. Photocopy of Birth Certificate & Ontario Health Card ³

³ Birth Certificate & Health Card information is only needed for an 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. Water stations are available at the TTFC for refilling – they are located at both the front desk area and around the track.
- There are lockers in both change rooms at the TTFC however you must supply your own lock. Please ensure you remove any locks used before leaving the facility.
- Alternatively members can leave their belongings at track level where members meet for workouts (at the far end of the athletic equipment on the right side of the track) – however this is at their own risk.
- 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, which is used for warm-ups and 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 & Wednesday's Jumper workouts run counter-clockwise and for Thursday's Track workout run clockwise.
- No outdoor footwear is allowed at track level.
- During 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.
- If an injury occurs while participating in workouts or meets at the TTFC facility, ice is available at the front desk for a minimal charge.

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 listed in the [EVENTS CALENDAR](#) for all meets that the 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 the MPR's by 6:00 pm if an Athlete would like to participate in that upcoming event.
- 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.

