



## 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, cheque or credit card 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](#) (or go to [yrrc.ca/registration](http://yrrc.ca/registration))
  2. Cheque payable to "York Region Runners Club"
  3. Photocopy of Birth Certificate & Ontario Health Card <sup>3</sup>

<sup>3</sup> Birth Certificate & Health Card information is only needed for an athlete's first club registration – they are not required for subsequent registrations.

## WORKOUT PARTICIPATION:

### In General

- 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 at track level.
- 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 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.



### Toronto Track & Field Centre (TTFC) Facility

- 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 to the right side of the track) – however do this at your own risk.
- When training at the TTFC the running direction for the jogging lane will vary based on the day of the week, which is used for warm-ups and cool downs. 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. Normal running shoes are used for footwear at all workouts. Spikes are only used for meets and only if allowed by meet organizers (6mm). If the club is participating in a meet that does allow them, coaches may choose to give athletes that will participate the option of using spikes during workouts leading up to the meet.
- 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.