



## 2024-2025 INDOOR TRACK & FIELD SEASON OVERVIEW

### DATES, VENUES & TIMES:

**Season Start & End Dates:** Monday November 11, 2024 to Thursday March 27, 2025 <sup>1</sup>

**Track Workouts** Toronto Track & Field Centre (TTFC), York University's Keele Campus

- Monday 6:30-8:00 pm – *Conditioning & Training*
- Thursday 6:30-8:00 pm – *Conditioning & Training*

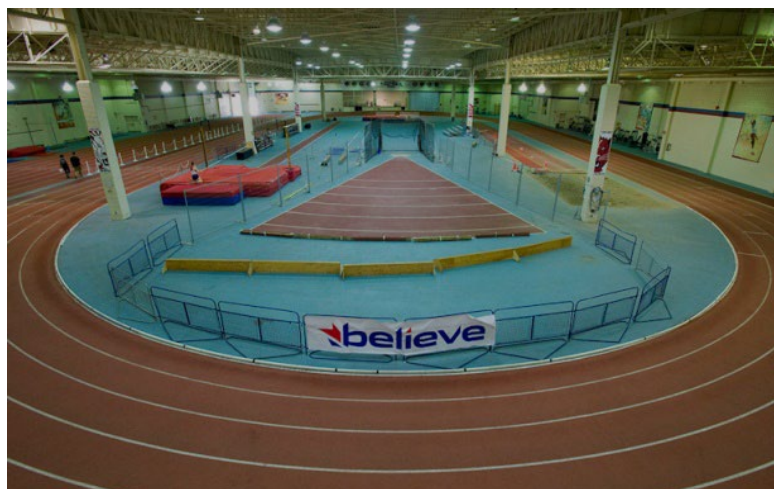
**Jumper Workouts** Toronto Track & Field Centre (TTFC), York University's Keele Campus

- Wednesday 6:30-8:00 pm – *High, Long & Triple Jump Training*

**Season Registration** <sup>2</sup> [www.yrrc.ca/registration](http://www.yrrc.ca/registration)

<sup>1</sup> Monday November 11 is the target start date for the Indoor Track & Field Season. If this date has to be rescheduled for any reason, the new start date will be communicated out via the [CLUB NEWS & UPDATES](#) section of the home page, the club's [EVENTS CALENDAR](#), as well as [X](#) (formerly Twitter) and [WhatsApp](#) Online Social Media Platforms.

<sup>2</sup> Registration for the 2024-2025 Indoor Track & Field Season will open on Monday October 28 on a First Come, First Serve basis – and can only be done online. For details regarding Workout Times, Days & Locations; Registration Details & Cost; and Registration Process, including registering for the Indoor Season – please go to [MEMBERSHIP REGISTRATION](#).



## WORKOUT PARTICIPATION:

### In General

- **Workout commitment** – there is no commitment required in terms of how often club members attend workouts, other than what an athlete's schedule permits. Athletes have the choice of participating in Track workouts (Monday & Thursday evenings), or Jumper workouts (Wednesday evenings), or both.
- **Workout clothing** – there are no restrictions on dress but plan on running shorts, athletic top, and proper running shoes. Please see Footwear under TTFC Facility below.
- **Athlete hydration & washrooms** – Athletes should bring a personal water bottle labelled with their name, preferably metal, to all workouts. Water stations are available at the TTFC for refilling – they are in the front lobby area and at track level.
- **Parent or Guardian Responsibilities:**
  - **Workout drop-off** – please plan to arrive **5-10 minutes prior to workouts**. This will provide athletes time to change, and warm-up as instructed by the Coaches.
  - **Workout pick-up** – it is the responsibility of **Parents or Guardians to ensure that all athletes are picked-up on time** based on the published workout schedule. Please be respectful of our Coach's time – they are all volunteers. **Abuse of this request could result in membership suspension.**
- **Workout organization** – during workouts athletes are divided into multiple groups based on the evening's training plan, number of athletes, and ages & abilities of the individual athletes. The club's goal is to maintain a Coach-to-Athlete ratio of 1:10.
- **Workout cancellations** – the club's process for cancelling workouts because of issues related to weather, coaching staff availability, venue availability and/or safety, is to communicate the cancellation a minimum of three (3) hours in advance by:
  - **Events calendar** – the workout will be updated in the event calendar showing the cancellation.
  - **X (formerly Twitter)** – a post will be published from the club's X account. **Parents or Guardians should FOLLOW the club to receive posts automatically** via email from our X account ([@YRRCCanada](https://twitter.com/YRRCCanada)).

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

- **Personal belongings** – 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 personal belongings at track level where members meet for workouts – **however do this at your own risk!**
- **Jogging lane** – When training at the TTFC the club uses the jogging lane for warm-ups and cool downs. The running direction for this lane varies 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 please run counter-clockwise, and for Thursday's Track workout please run clockwise.**
- **Footwear** – **NO OUTDOOR FOOTWEAR IS ALLOWED AT TRACK LEVEL.** Normal running shoes are used for footwear at all workouts. Specifically, shoes that are dedicated to the sport and not use for everyday usage. 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 participating athletes the option of using spikes during workouts leading up to the meet.
- **Injuries** – If an injury occurs while participating in workouts or meets at the TTFC facility, ice is available at the front desk for FREE in a small zip lock bag.
- **Track etiquette & TTFC regulations** – All club athletes, especially those new to the TTFC, are asked to review the centre's Track Etiquette & Facility Regulations available from at the facilities front desk. Please be sure to address any questions or concerns you might have to the TTFC's staff or see the [TORONTO TRACK AND FIELD CENTRE](https://www.yrrc.ca/toronto-track-and-field-centre) website for more information.

## MEET PARTICIPATION:

- **Meet commitment** – meets are an important part of the club's program. Participation is strongly recommended as a way of helping athletes develop goal setting skills and evolving their athletic abilities. For athletes 14 and under, they are strongly urged to participate in the MTA Championships to be held late March 2025 (exact date to-be-determined).
- **Meet schedule** – at the outset of the 2024-2025 Indoor Track & Field Season Fred Robbins, our Head Coach and Club Director ([fred@yrrc.ca](mailto:fred@yrrc.ca)), will determine which meets sanctioned by one of the [SPORT GOVERNING BODIES](#) (Athletics Canada, Athletics Ontario, and Minor Track Association) the club will participate in. Please check the [CLUB CALENDAR](#) for information regarding these meets, as well as any additional meets that are added or existing ones that have been updated.
- **Meet participation requests (MPR's)** – as a way of helping facilitate meet participation by members the club uses a **MEET PARTICIPATION REQUEST** process. This includes posting in the events calendar an MPR notification asking Parents or Athletes (who are 18 years of age or older) to submit a request via our [ONLINE MPR FORM](#):
  - For [MTA](#) (Minor Track Association) Meets: usually by 6:00 pm on the Sunday prior to a meet if an athlete would like to participate.
  - For [AO](#) (Athletics Ontario) Meets: usually by 10:00 pm on the Thursday the week prior to a meet if an athlete would like to participate.
  - In either case, this will give the club the necessary time to register Athletes by the registration deadline set by meet organizers.
- **Meet registration** – the club is responsible for registering all Athletes that a [MEET PARTICIPATION REQUEST](#) (MPR) has been received for, including covering any fees associated with an athlete's meet registration.

## MEMBERSHIP REGISTRATION:

- **Club Focus & Age Restrictions** – the York Region Runners Club (YRRC) is a developmental grass roots track and field club, with a focus on Elementary, High School and Collegiate athletes. The minimum age for membership is 8 years old.<sup>3</sup>
- <sup>3</sup> Under certain conditions a 7-year-old athlete could be considered for membership into the club. However, this is only possible if they **try out for the club AND a PARENT commit to directly supervising their child so that there are no workout disruptions**. If the club chooses to accept a 7-year-old we reserve the right to cancel a season membership if a parent is not providing adequate supervision, or if the child is not able to meet coaching staff expectations regarding maturity & self-discipline.
- **Membership fees** – the cost for the YRRC 2024-2025 Indoor Track & Field Season is **\$300 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.
  - **What club membership fees cover:**
    - Athlete's participation in all club workouts for the season.
    - Singlet athletic jersey used by athletes when participating in competitive meets.
    - All fees associated with meet registrations (for those meets that the club participate in).
    - Club administration.
    - Minor Track Association of Ontario (MTA) registration and cost
    - Athletics Ontario (AO) registration cost reimbursement:



- **AO now requires that all Athletes register directly with AO** at <https://athleticsreg.ca/#!/memberships/athletics-ontario-2024-membership>. When registering with AO please select “Register with a Club (Attach Member)”.
  - This is a new AO requirement; however the **York Region Runners Club will reimburse the Athlete (if 18 years of age or older) or their Parent/Guardian for the cost of the registration** via e-Transfer. To receive the reimbursement a digital copy of the AO payment receipt must be emailed to [info@yrrc.ca](mailto:info@yrrc.ca). Please note that the e-transfer reimbursement will be sent to the email address used to register the Athlete for the 2024-2025 Indoor Season.
  - Athletes **who have not registered with AO, will not be allowed to participate in any AO sanctioned meets.**
- **Club Registration for 2024-2025 Indoor Track & Field Season:**
  - **Season Registration opens on Monday October 28, 2024.**
  - Complete Online Membership Registration form accessible from the Club’s Membership Registration page ([yrrc.ca/registration](http://yrrc.ca/registration)). Please note that the registration form is only available online, and only supports one Athlete per registration.
  - Payment of Season Membership Fees can be made by **e-Transfer** or **Cheque**.
  - If this is an Athlete’s **First Club Registration**:
    - After first submitting their club **REGISTRATION for the 2024-2025 INDOOR SEASON**, new Athletes will need to complete a **NEW ATHLETE PROFILE** form.
    - Please also email a scanned or photographed copy of Athlete’s **Birth Certificate & Provincial Health Card** to [info@yrrc.ca](mailto:info@yrrc.ca). These documents are NOT required for subsequent season registrations. Birth Certificates will be used for age group verification to sport governing bodies, and Provincial Health Cards will be used only in emergency medical situations when a parent or guardian is unavailable. This information will be always kept strictly confidential.
- **Toronto Track & Field Centre:**
  - **Usage options for TTFC facility** – athletes have the option of paying the daily **Drop-In** fee on a pay-as-you-go basis or purchasing an **Indoor Membership** pass (Oct-15 to Apr-30) for the use of the TTFC. Please contact the [facility](#) for information regarding either option.
  - **Payments** – all **Drop-In & Indoor Membership** fees are paid directly to TTFC, and must be made by cash, cheque, debit, or credit card at the centre’s front desk.
  - **Parking options** – York University offers both parking by permit and hourly. To view the Parking and Transportation Services Keele Campus Map please [CLICK HERE](#).
    - **Parking Permits:**
      - Parking Permit Instructions for 2024-2025 Indoor Season – How to purchase your Track & Field Parking Permit Online:
        1. Visit [www.yorku.ca/parking](http://www.yorku.ca/parking) and under Permit Parking drop-down click on **Online Permit Purchase/Renewal**
        2. Click Get Permits – click **Guest/Seneca/External Login** – click “**click here to create a guest login**” and follow the prompts.
        3. The parking lot that accommodates the Track and Field virtual parking permit is Keele-Founders Rd West Lot (lot 65)
        4. Once Parking Services receives your permit request, they will contact the Track and Field Administration to validate your membership for the duration of your permit request
        5. Once this has been confirmed, Parking Services will process your request and advise you that your permit has been processed.



If you have any questions, please contact **York University's Parking Services** at:

**Phone:** (416) 736-5335 or **Email:** parking@yorku.ca

The reserved parking lot for the TTFC is in **LOT 65** (Founders Road West lot), on the east side of the building.

– **Daily Parking:**

- If you prefer pay-as-you-go parking, **LOT 66** (Founders Road East lot) charges by the [HALF-HOUR](#), however please note that payment must be made by **CREDIT CARD ONLY** at pay stations. The north part of **LOT 66** is considered visitor parking.
- Download the HonkMobile App to pay for your parking spot. HONK will notify you by text message 15 minutes before your parking time expires, which allows you to purchase additional time directly through the app should you require it. Please note that a Transaction/Service Fee will be applied to your session by HONK. [Learn how to start using HonkApp now!](#)

## CLUB COMMUNICATIONS:

- **How to keep up to date on what's happening in the club:**

- The YRRC.ca website's [EVENTS CALENDAR](#).
- The **CLUB NEWS & UPDATES** section of the club's [HOME PAGE](#).
- The club's [X ACCOUNT](#) (formerly Twitter) – this is where club updates are posted regarding workout cancellations, meet package availability, season registration etc. We strongly suggest that **Parents or Guardians FOLLOW the club in order to receive posts automatically** from X ([@YRRCCanada](#)). If you do not have an X account, you can sign up for free at <https://twitter.com/?lang=en-ca>.



- To help facilitate Parent sharing of information, including pictures and videos, a [WhatsApp](#) group called **YRRC Parent Group – 2024-2025 Indoor Season** has been created on the Social Media platform. One to two weeks after a membership registration has been received by the club for the 2024-2025 Indoor Season, the Parents or Guardians listed in the registration will receive an email <sup>1</sup> containing an invite link to join this WhatsApp group. If interested in participating, simply ensure that the app is installed on your smartphone and click on the link provided.

<sup>1</sup> Please note that Parents or Guardians will only receive an email containing an invite to join the WhatsApp group if they have provided a valid email address when submitting an Athlete registration.