

**Calgary Warriors Track Club**  
2019 Membership Information and Fees

The Calgary Warriors Membership year runs from October 1, 2018 to September 30, 2019.

Registration starts September 1, 2018. There is an online registration form on our website:

<http://www.calgarywarriorstrack.com/>

All athletes have to be registered and fees have to be paid by October 31, 2018 to be able to train in our indoor facility. We preferably accept athletes who want to compete in track and field meets and commit for the whole year. We accept athletes age 12 and up (by December 31, 2019). The Calgary Warriors Track Club is in no way obliged to accept a membership application. Numbers we can accept will be limited because of limited space in our indoor facility. New members can go through a try-out period for two weeks to see if the club will be a fit for them. Try outs are at your own risk; only Athletics Alberta members will have insurance. All who want to try-out, need to fill out the online registration form on our website.

The 2018-2019 Membership Fee is \$850 plus the Athletics Alberta membership fee (\$60, \$85 or \$105, depending on your age).

Born in 2006 or later:  $\$850 + \$60 = \$910$

Born in 2002-2005:  $\$850 + \$85 = \$935$

Born in 2001 or before:  $\$850 + \$105 = \$955$

Please make all cheques payable to **Calgary Warriors Track Club**. No cash please. All fees are due October 30, 2018. Fees can be also paid by e-transfer to our treasurer Kathleen Dixon: [kpdxon@telus.net](mailto:kpdxon@telus.net)

If paying the total amount up front is a burden, there is the option to submit postdated cheques: 2<sup>nd</sup> cheque dated January 31, 2019; 3<sup>rd</sup> cheque dated April 30, 2019 (postdated cheques \$300 each, remainder of the amount on the first cheque due in October).

**New Members** are required to purchase a singlet at a cost of \$50 (tax and shipping included), and supply their own black shorts, for competitions. You are not required to purchase any other apparel, but we would like each athlete to feel as a part of a team, and therefore we ask if they could purchase at least one of the following; Vortex rain jacket, Tournament warm-up jacket, the Mistral Technical (thin) Hoodie or the Athletic (thick) Hoodie, so that everyone can look like part of the Warrior team; OR you can purchase as many items as you wish!

All Warriors apparel, including Tournament Track Jacket and Pants, Vortex Rain Jacket, Mistral (thin) track pants, Mistral (thin) Technical Hoodie and Athletic (thick) Hoodie, and Short and Long Sleeve Technical Shirts will be available for purchase throughout the year from Head Coach - Jan Lips. (Add approximately \$5 to each article for cost of shipping and taxes). If we run out of your size we will be able to have one available a couple months later, via special order.

Tournament Jacket



\$55.00

Tournament Pant



\$36.00

Tournament Tracksuit



\$87.00

Vortex 2.0 Jacket



\$55.00

AVAILABLE IN MEN'S & WOMEN'S FIT.  
PRICES EXCLUDE ADDITIONAL TAXES & SHIPPING.

Athletic Fit Hoodie



\$60.00

Sublitem Mistral Hoodie



\$65.00

Sublitem Raceback Singlet



\$45.00

Sublitem Tech T-Shirt



\$45.00

Sublitem Longsleeve Tech T-Shirt



\$45.00

AVAILABLE IN MEN'S & WOMEN'S FIT.  
PRICES EXCLUDE ADDITIONAL TAXES & SHIPPING.

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**Parents are expected to work at the casino.** The casino is our main source of income. The proceeds are used to pay for track rentals, coaches, equipment, and to subsidize our athletes for their meet travel expenses. The next casino will be January 5 - 6, 2019. Our casino coordinator is Jo Crouch: yellowforspring@gmail.com

**Parents are expected to volunteer at meets.** In addition to the casino, parents are expected to volunteer at meets, indoor as well as outdoor. Every family should put in at least **8 hours** of volunteering per year. Working half a day at a meet is 4 hours, a whole day is 8 hours. Some of the jobs are: officiating at meets, chaperoning at out-of-town meets, taking care of food/snacks/water/lunches at out-of-town meets, taking care of our tent, being a board member etc.

To avoid that some parents work a lot of volunteering hours and others don't, we will need to receive a volunteer commitment cheque from every family for \$400, postdated June 30, 2019. If volunteer hours have not been fulfilled, the cheque will be cashed. In the past some families didn't volunteer which placed a burden on other parents who had to do the extra hours. That's why we increased our volunteer bond from \$200 to \$400. No worries, when you have volunteered we tear up the cheque at the end of the outdoor season.

Outdoor season memberships for those starting late: \$450 plus AA Membership fee (see above for amounts). We encourage everyone to train year-round – athletics is not just a summer sport. Available spots for the outdoor season depend on our numbers.

An Athletics Alberta Informed Consent Agreement, A Parents and Guardians Code of Conduct, and the Canadian Anti-Doping Program Agreement and the Calgary Warriors Rules, Fees and Obligations have to be read, agreed to and signed online.

Athletics Canada/Alberta Membership Categories:

Senior: 20 and over; Junior or U-20: 18-19; Youth or U-18: 16-17; Midget: 14-15; Bantam: 12-13; Pee Wee: 11-10. Athlete's age as of December 31, 2019 determines the category.

Practice schedules (practice and meet schedules also posted on website under calendar).

Fall Outdoor Season:

September 4 (cross-country) or September 18 (all others) to end of October: River Park/Sandy Beach (50 Ave SW).

Tuesday and Thursday from 5:30 pm to 7:00 pm.

Saturday from 10:30 to noon.

Meet at Sandy Beach Park down the hill at the large parking lot.

Winter Indoor Season:

Beginning of November to mid-April: Repsol Sport Centre.

Tuesday and Thursday 6:45 pm to 8:15 pm.

Saturday 11:00 am to 12:30 pm.

Tuesday and Thursday 8:15 pm to 9:15 pm Strength Training in the High Performance Training Area by Gym 1. Open to athletes aged 15 and above (exceptions may apply).

Christmas break December 25th till January 2nd.

April – Spring transition period:

Distance group trains outdoors at Glenmore Track, weather permitting.

Monday, Tuesday and Thursday 5:30 pm to 7:00 pm.

Saturday 10:30 to 12:00 noon.

In the event of very bad weather, the Tuesday, Thursday or Saturday sessions may be switched to Repsol Sport Centre at our regular scheduled time. Email notification will be sent in the morning of the practice day.

All other groups:

Monday from 5:30 pm to 7:00 pm and Saturday from 10:30 am to 12:00 noon at Glenmore Track

Tuesday and Thursday 6:45 pm to 8:15 pm at Repsol Sport Centre.

In the event of good weather, the Tuesday, Thursday sessions may be switched to Glenmore Track from 5:30 pm to 7:00 pm. Email notification will be sent in the morning of the practice day.

Rule of thumb – if temperature is above 12°C we will go outside.

We might have the option to stay indoor on Saturdays as well till mid-April, depending on the weather.

### **Summer Outdoor Season:**

From beginning of May to end of July: Glenmore Track.

For those who are going to Legion Midget/Youth Nationals (August 9-11), practice will continue till August 5.

Monday 5:30 pm to 7:00 pm.

Wednesday 6:00 pm to 7:30 pm, might go till 8:00 pm.

Friday 6:00 pm to 7:30 pm.

Saturday 10:30 to noon – only when there is no meet that day.

It is possible that some extra training will be scheduled for Tuesday/Thursday.

Athletes 16 years and above are expected to do workouts on days with no scheduled practice in consultation with their coach.

### **Spring Training Camp**

A warm weather spring training camp in California might be offered during the Calgary Board of Education spring break, open to grades 10 and up, with competition in a college meet. A selection procedure may be used if there are too many applicants.

### **Meet Entry Fees**

Athletes are responsible for their own meet entry fees. Meet entry fees are generally from \$10 to \$20 per event, \$20-25 for provincial championships, \$50 for Canadian Championships. Every athlete needs to bring a cheque for \$300 with the registration payments. This goes into your Entry Fee Account. We will keep track of all your entry fees. When the \$300 has been used up, we require a new deposit. If there is a balance at the end of the outdoor season, we will transfer that amount to the next season. If you are leaving the club at that time, you can get a refund.

If you have been entered in a meet and don't compete, the entry fee will still be charged to your account, unless you cancelled before the cut-off date, which might be from 2 days up to 10 days before the meet, depending on the meet organizers.

### **Out of town meets**

Athletes are required to pay their meet fees (for hotel, meals and transportation) before the first day of the meet. Out of town meet fees are the same for everyone, not depending on if you are traveling/staying with

the team or with your parents. If you need an exception, you need to talk to Head Coach Jan Lips well ahead of time (3 weeks).

Indoor season: 3 Edmonton meets, 3 or 4 Calgary meets. Simplot Games in Pocatello, Idaho in February for our top high school athletes.

Outdoor season: about 5 Calgary meets and 5 out of town (could be Edmonton area, Lethbridge, Medicine Hat, Kelowna). Canadian Championships for our top athletes in Midget, Youth, Junior and Senior.

For any questions, please email Head Coach Jan Lips: [calgarywarriors@gmail.com](mailto:calgarywarriors@gmail.com).  
You can talk to the other coaches at our practices as well, or give them a call/send them an email.

Please refer to the website for a complete list of coaching staff and contact information. The website also contains the names and contact information for the Board of Directors.

**Calgary Warriors website:** [www.calgarywarriorstrack.com](http://www.calgarywarriorstrack.com)

Check regularly for news and updates!

The club also has a Facebook page (<https://www.facebook.com/CalgaryWarriorsTrackClub/>), like the page and you will be kept up to date with Warriors news.

**Questions?** Head Coach Jan Lips: [calgarywarriors@gmail.com](mailto:calgarywarriors@gmail.com)

### **Registration Check List**

- Calgary Warriors Registration Form online (link is on our homepage).
- Cheque(s) for:
  - Membership Fee (\$910-\$955) –in one amount or in three cheques, two postdated January 31 and April 30 (postdated cheques for \$300 each), the first cheque for the remainder of the amount (\$310, \$335 or \$355);
  - Entry Fees (\$300);
  - Volunteer Commitment Cheque (\$400, postdated June 30, 2018).

Please hand the forms and payments in to Head Coach Jan Lips, or Middle Distance Coach Mario Festival. All amounts – except for the postdated cheque – can be on one single cheque.

You can also pay by *Interac* e-transfer, payable to Calgary Warriors Track Club.

Email to our treasurer Kathleen Dixon at [kpdixon@telus.net](mailto:kpdixon@telus.net)

When paying by e-transfer, please send a copy to [calgarywarriors@gmail.com](mailto:calgarywarriors@gmail.com) so we can keep track of the payments made.

**Thank You!**