

**Calgary Warriors Track Club**  
2020-2021 Membership Information and Fees

The Calgary Warriors Membership year runs from October 1, 2020 to September 30, 2021.

Registration starts August 15, 2020. There is online registration form on our website:

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

All athletes have to be registered by October 31, 2020 to be able to train in our indoor facility. Returning members have to register as well! 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 (12 years of age by December 31, 2021). The Calgary Warriors Track Club is in no way obliged to accept your membership application. Numbers we can accept will be limited because of space restrictions in our indoor facility. New members should go through a try-out period of two weeks to see if the club will be a fit for them. Try outs are at your own risk, although a two-week trial membership at Athletics Alberta is encouraged: <https://athleticsalberta.com/aa-membership/>; 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 2020-2021 Membership Fee is \$850 (depending on ratification by the Board, final amount will be announced in September) plus the Athletics Alberta membership fee (\$60, \$85 or \$105, depending on your age).

Born in 2008 or later: \$850 + \$60 = \$910

Born in 2004-2007: \$850 + \$85 = \$935

Born in 2003 or before: \$850 + \$105 = \$955

We accept payments by cheque or e-transfer only.

Please make all cheques payable to **Calgary Warriors Track Club**.

E-transfers to: Basil Akalonu, treasurer: [cwtclubtreasurer@gmail.com](mailto:cwtclubtreasurer@gmail.com)

**All fees are due October 30, 2020.**

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, 2021; 3<sup>rd</sup> cheque dated April 30, 2021 (postdated cheques \$300 each, remainder of the amount on the first cheque due in October). E-transfers by those dates are acceptable as well.

**New members** are required to purchase a competition singlet at a cost of \$50. Other apparel is available as well, including track suits, hoodies, sweaters and long or short sleeve shirts.

Athletes supply their own black track shorts.

**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 expenses. The last casino was in August 2020 (unless cancelled due to COVID-19). Next casino might not take place till the last quarter of 2021. Casino Coordinator: Darin Stratmoen: [dstrat2@telus.net](mailto:dstrat2@telus.net)

**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.

Volunteer Coordinator: Carrie Mullin Innes: [mullinnes@yahoo.com](mailto:mullinnes@yahoo.com)

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, 2021. If volunteer hours have not been fulfilled, the cheque will be cashed, otherwise it is destroyed. 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 to \$400.

**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 on the team for the outdoor as well the indoor 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 or U16: 14-15; Bantam or U14: 12-13. *Athlete's age as of December 31, 2021 determines the category of the athlete in the whole year of 2021.*

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

**Fall Outdoor Season:**

September 8 (cross-country) or September 15 (all others) to end of October: Sandy Beach Park (50 Ave SW, close to Glenmore track).

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

Saturday from 11:00 am to 12:30 pm. Meet at Sandy Beach Park parking lot down the hill.

**Winter Indoor Season:**

Beginning of November to end of 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).

**April – Spring transition period:**

Repsol as usual first two weeks of April.

Starting Monday April 12, an additional practice 5:30 pm to 7:00 pm at Glenmore Track for all groups (depending on the weather). Tuesday and Thursday 6:45 pm to 8:15 pm at Repsol Sport Centre for sprints, jumps and combined events. Distance outdoor at Glenmore if the weather permits.

Sprints/Jump/CE might go outdoors second half of 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 Youth Nationals (August 10-12), practice will continue till August 6.

Monday 5:30 pm to 7:00 pm.

Tuesday and Thursday 6:00 pm to 8:00 pm.

Saturday 10:30 to 12:30 pm on days there is no meet.

Some practices may go somewhat shorter, depending on weather conditions, time of year, and workout program.

It is possible that some extra training will be scheduled for Wednesday and or Friday.

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 \$15 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, or make an e-transfer. 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: 2 or 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, Kamloops). Canadian Championships for our top athletes in senior, U20, U18, U16 categories.

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/>)

## Registration Check List

- Fill out the Calgary Warriors Registration Form online (link is on our homepage).
- Payments for:
  - Membership Fee (\$910-\$955) – in one amount or in three cheques (or e-transfers), 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);
  - Competition singlet for new athletes (\$50);
  - Entry Fees (\$300);
  - Volunteer Commitment Cheque (\$400, postdated June 30, 2021).

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 pay by cheque or *Interac* e-transfer, payable to Calgary Warriors Track Club.

E-transfer to our treasurer Basil Akalonu: [cwtclubtreasurer@gmail.com](mailto:cwtclubtreasurer@gmail.com)

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.

### Important Note:

Due to the COVID-19 situation, things can change at short notice. Indoor/outdoor accommodations might have restriction in numbers, masks might be required and other restrictions or obligations might be imposed on us.

**Thank You!**