

Calgary Warriors Track Club
2021-2022 Membership Information and Fees

The Calgary Warriors Membership year runs from October 1, 2021 to September 30, 2022.

Registration starts August 15, 2021. There is an online registration form on our website:

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

All athletes have to be registered by October 22, 2022 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 (by December 31, 2022). The Calgary Warriors Track Club is in no way obliged to accept your membership application. The number of athletes we can accept will be limited because of limited space 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.

For try-outs, a two-week trial membership at Athletics Alberta is required

<https://athleticsalberta.com/membership/membership-details/> and completion of the Calgary Warriors online registration form on our website.

The 2021-2022 Calgary Warriors membership fee is \$850 and is due October 15, 2021.

New for this year: All athletes (new and returning) have to acquire their own Athletics Alberta membership (fees are \$60, \$85 or \$105 for the year, depending on age). Go to: <https://athleticsalberta.com/membership/membership-details/> and click the **Sign Up Now!** button.

Starting in September, you can get your Athletics Alberta 2022 membership that will be valid for the remainder of 2021 as well. You can only be a member of the Calgary Warriors if you have an Athletics Alberta membership. Make sure to select Calgary Warriors Track Club from the pull-down menu on the registration page where it says "Request Club." If you omit this step, you will be charged for a more expensive unattached membership.

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

All fees are due October 15, 2021.

If paying the total amount up front is a burden, there is the option to submit postdated cheques: 2nd cheque dated January 31, 2022; 3rd cheque dated April 30, 2022 (postdated cheques \$275 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. Orders to be placed with Holly Bliss: bliss.holly@gmail.com.

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 held in August 2021. Next casino may not be till the end of 2022. Casino Coordinator: Darin Stratmoen: 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 **12 hours** of volunteering per year per athlete (this number is required by Athletics Alberta). If not enough volunteer hours are available in

the Calgary area, you might be asked to volunteer at meets in other areas (mainly the Edmonton area). Working half a day at a meet is 4 hours, a whole day is 8 hours. Some of the jobs are: officiating or helping out at meets, chaperoning at out-of-town meets, taking care of food/snacks/water/lunches at out-of-town meets, etc. For families that have more than one child in the club, volunteer hours will be 20hrs. Volunteer Coordinator: Carrie Mullin Innes: 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, 2022. If volunteer hours have not been fulfilled (casino hours or meet volunteer hours), the cheque will be cashed. This volunteer bond cheque is due October 15, 2021. Parents who do not have cheques should e-transfer the \$400 bond, the amount will be held in a savings account.

Outdoor season membership fee for those starting late (April 2022): \$450 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 the numbers we can accommodate.

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, 2022 determines the category of the athlete for the entire 2022 year.

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

Fall Outdoor Season:

September 7 (cross-country) or September 18 (all others) to end of October:

Location: Sandy Beach Park (50 Ave SW, close to Glenmore track) or Glenmore track (see below):

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, all the way down the hill.

Important Note: All Saturday practices for the group that starts on September 18 (sprint, hurdles, field events, Junior Development) will be at Glenmore Track!

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 15 – July 31: Spring and Summer Training

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

Monday 6:15 – 8:00 pm.

Tuesday 6:15 – 8:00 pm.

Thursday 6:15 – 8:00 pm

Saturday 10:00 am to 11:45 am on days there is no meet.

Athletes 16 years and above are expected to do workouts on some 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 \$20 to \$30 per event. 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 there is not sufficient money in your entry fee account, you will not be entered in a meet. If you need to know your balance, please email the Head Coach.

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 may be from 3 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 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.

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

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).
- Get your Athletics Alberta Membership.
- Payments for:
 - Membership Fee (\$850) – in one amount or in three cheques (or e-transfers), two postdated January 31 and April 30 (postdated cheques for \$275 each), the first cheque for the remainder of the amount (\$300);
 - Competition singlet for new athletes (\$50);
 - Meet Entry Fees (\$300);
 - Volunteer Commitment Cheque (\$400, postdated June 30, 2022).

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

If paying by cheque, make payable to Calgary Warriors Track Club.

Interac e-transfers are sent to our treasurer, Basil Akalonu: cwtclubtreasurer@gmail.com

When paying by e-transfer, please send a copy to 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 and outdoor accommodations may have restricted numbers, meets may be canceled, masks may be required and other restrictions or obligations may be imposed on us. We will keep you posted.

Thank You!