



Date March 9th, 2016

Dear Parent/Guardian:

WESTERN CANADA TRACK AND FIELD TEAM INFORMATION LETTER 2016

The Western Canada High School Track and Field season will soon be underway. The coaches are excited to get started, see student-athletes perform and build on the successes of last season.

Practice Locations

Practice locations are different almost every day so it is imperative that students check their email and Track & Field bulletin board. All practices will be held at Western Canada High School, Foothills Athletic Park, Glenmore Athletic Park, the Talisman Centre and possibly some school fields and city pathways in our immediate area. Practices will generally occur from 3:45-5:15 PM Monday – Thursday. There may be additional technical practices in throws, distance and jumps on some mornings and lunch times.

Practice Attendance:

Students are encouraged to come to at least two practices per week for their event discipline(s). If students belong to a track club, they must attend one practice per week with the Western Canada High School team. Although track & field is an individual sport, the coaching philosophy we are attempting to support is a team environment. To be selected for the Divisional Championship team athletes are encouraged to compete at a minimum of one of the Dino Meets and be at practices regularly.

Transportation:

Transportation to the Glenmore Athletic Park will be provided using the Western Canada High school bus. Please note, students need to arrange for their own transportation to get home from Glenmore Athletic Park or Foothills Athletics Park by either taking public transit or having a parent or guardian pick them up at the end of practice or meets. For the City Championships students are responsible of finding their own transportation. Provincials are hosted in Edmonton and a charter bus will be arranged with a "Calgary zone team" which include students from several Calgary High schools.

Fees: *please prepare two separate rate cheques. Payable to Western Canada High School*

1) Athletic fee for Track and Field is \$45.00

This fee pays for transportation, entry fees for meets, facility fee at Glenmore and Foothills Athletic Park and Talisman Centre, team t-shirt and end of season party.

2) Singlet Caution Fee is \$45.00

To prevent singlet loss and encourage the prompt return of the singlets, we will be asking for a caution fee. Please submit a post-dated cheque for June 20, 2016 to Western Canada High School. When your son or daughter returns the singlet, the cheque will be destroyed.

3) Optional Team Warmup Jacket (to be determined)

If you wish to purchase a team warmup jacket then attach a separate additional cheque.

4) The Kamloops Trip Fee: An optional additional fee outlined in separate parent information letter and has additional required forms.

In accordance with Administrative Regulation 3027, "no eligible student may be denied participation on the basis of the inability to pay." Please contact Head Coach, Drew Freeman and school Principal for information on financial assistance.

Communication:

Communicating with over one-hundred athletes is challenging, we ask that you check your email daily and check the track and field board regularly for updates. Sign-ups for Dino Meets must occur well in advance and are located on the Track & Field bulletin board. Please talk to Mr. Freeman if you are not receiving emails. In the event that practice is cancelled, or there is a change of location, students will be informed via the school PA system, email and a posted update at track bulletin board.

Important Dates:

- Optional Kamloops Meet April 29th-30th (bus leaves 7:30AM) Kamloops
- Dino Meet: Thursday, May 5th 4:30 pm – 9:00 pm Foothills Track
- Dino Meet: Wednesday, May 11th 4:30 pm – 9:00 pm Foothills Track
- Dino Meet: Friday, May 3th 4:30 pm – 7:30 pm Foothills Track
- Divisional Meet: Wed, May 18th *during school day* Foothills Track
- City Championships: Sat, May 28th **same day as Grad** Foothills Track
- Provincial Championships: Jun 3rd & 4th Edmonton

**AII FORMS MUST BE IN BEFORE YOU CAN ATTEND PRACTICE!
RETURN THE FORMS TO THE SCIENCE OFFICE DOOR room 180**

You are asked to complete the attached Consent and Acknowledgement of Risk form if you consent to your son/daughter attending this off-site activity. Information about the administrative regulations governing these forms can be found at www.cbe.ab.ca / Policies / Administrative Regulations/ AR3027.

While some degree of risk is always associated in all school off-site activity, I have outlined specific areas of concern on the Consent and Acknowledgement of Risk form. To prepare your student for these risks we ask that you ensure:

- students have appropriate clothing and equipment, water, and footwear
- leave enough travel time to get to the venue in a safe and timely manner
- students are familiar with the school acceptable behaviour protocols outlined in the Western Canada Student Handbook

I look forward to a very successful season!

Sincerely,

Martin Poirier, Principal

Drew Freeman, Teacher-in-Charge
Head Track and Field Coach