



WESTERN CANADA TRACK AND FIELD TEAM INFORMATION LETTER 2017

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

Events & Disciplines Track & Field:

Students have the opportunity to train and compete in a variety of track and field disciplines. Our school staff coaches have several years of experience and look forward to working with athletes daily to improve and develop skills. Events include 100m, 200m, 400m, 800m, 1500m, 3000m, sprint hurdles, long distance hurdles, relay, high jump, triple jump, long jump, shot put, discus and javelin.

Practice Attendance:

Students are expected to come to at least two practices per week for their event discipline(s). If students belong to a track & field club, they must attend at least one practice per week with the Western Canada High School team. As staff-teacher coaches we choose who represents our school at competitions and therefore need to know and see all athletes at practice each week to aid us in making these types of decisions. Although track & field is an individual sport, the coaching philosophy we are attempting to promote is a team environment. To be selected for the Divisional Championship Team and therefore represent the school, athletes are encouraged to compete at a minimum of one of the Dino Meets and be at practices regularly!

Practice Locations & Times:

Practice locations are different almost every day so it is imperative that students check their email, Track & Field bulletin board and school website. Practices will be held at the following locations: Western Canada High School & surrounding fields and pathways

Glenmore Athletic Park 5300 19 St SW, Calgary, AB T3E 1P1

Foothills Athletic Park, 2431 Crowchild TR NW, Calgary, AB T2N 4L6

Repsol Centre 2225 Macleod Trail SE, Calgary, AB T2G 5B6

Practices will generally occur from 3:45-5:15 PM Monday – Thursday. There will be additional technical practices in throws, High jump on some mornings and lunch times.

(Please see attached Calendar for details)

Important Track & Field Meet Dates:

Note: Athletes have several opportunities to compete in events before Divisional Championships

- Dino Meet: Thursday, May 3rd 4:30 pm – 9:00 pm Foothills Track
- Dino Meet: Wednesday, May 9th 4:30 pm – 9:00 pm Foothills Track
- Dino Meet: Friday, May 11th 4:30 pm – 7:30 pm Foothills Track
- Divisional Meet: Thurs, May 17th *during school day* Foothills Track
- City Championships: Sat, May 26th ***same day as Grad*** Foothills Track
- Provincial Championships: June 1st & 2nd (Bus leaves June 1st super early morning) Red Deer

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 track & field meets. For the City Championships students are responsible of finding their own transportation. Provincials are hosted in Red Deer is arranged with a “Calgary Zone Team” which includes students from several Calgary High schools.

Fees: *please prepare two separate 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 Repsol Centre, team t-shirt and end of season party.

2) Singlet Caution Fee is \$45.00

Singlets are our competition uniforms and singlets are school property, they must be returned. 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, 2018 to Western Canada High School. When student/athlete returns the singlet, the singlet caution fee cheque will be destroyed.

3) Optional Team Warmup Jacket (\$80)

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

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. Please talk to Mr. Freeman or Ms. Ozero if you are not receiving emails. Sign-ups for Dino Meet Events must occur well in advance and sign-up sheets will be located at our Track & Field bulletin board. 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.

Forms: Please keep the Parent Information letter and Track & Field Calendar for your records

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

Some degree of risk is always associated in all school off-site activities; please contact me if you have questions about specific risks associated with the activities on this trip.

- To prepare your child 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