Calgary Warriors Track Club

2012 Membership Fees and Information

The 2012 Calgary Warriors Membership Fee is $700. To be able to compete, you have to be a member of Athletics Alberta as well. The Athletics Alberta membership fee is included in the club membership fee. Please make your cheque payable to **Calgary Warriors Track Club**. No cash please.
There is an option to pay the membership fee in two installments: in this case bring two cheques with your application: one cheque for $350 with the date of your application, the second cheque for $350 dated March 31, 2012

New members have to buy a competition uniform: $40 for girls (top only), $60 for boys (top and shorts). Warriors track suits can be bought for $100 (optional). Backpacks go for $30 and large track bags for $25. Girls should have black shorts to complete their uniform. No other colours please.

Parents are expected to work at the casino.
The casino is our main source of income. The proceeds are used to keep our club running, pay for track rentals, coaches, equipment, and to subsidize our athletes for their meet expenses. When you are not able to work the casino, you have to pay an additional $200, so we can hire a replacement for you. Please talk to our Casino Coordinator Alain Ross to reserve your slot(s). Alain's phone number is 403-519-0418. We had our last casino January 2011. Next casino expected late 2012.

Parents are expected to work at meets. In addition to the casino you are expected to volunteer at several meets, indoor as well as outdoor. Every family should put in at least 32 hours of volunteering per year. Working half a day at a meet is 4 hours, a whole day is 8 hours. Our volunteer coordinator is Lee Hoecherl: 824-4933 or email: lee@efirehose.net

Fill out both sides of the membership form please, the back side needs to be signed by athlete AND parent/guardian (for athletes under 18) – this is the part that is required by Athletics Alberta.

The top part of the membership form should contain the information of the athlete, which includes the cell number (if applicable) and email address of the athlete. Cell phone and email of the parents should be filled out in the bottom part.

Athletics Canada/Alberta Membership Categories:
Senior: 20 and over
Junior: 18-19
Youth: 16-17
Midget: 14-15
Bantam: 12-13
PeeWee: 11 and under
Your age on December 31 decides in what category you belong.

Practices:

Outdoor:
Mid August – end of October: Cross Country and Distance Training
Tuesday and Thursday 6:30 PM at Glenmore Track, Saturday 10:30 AM at Sikome Lake

Mid September – end of October: Sprints and Field Events
Time and Place TBA (likely @ Glenmore)

Indoor: November 1 - April: Talisman Centre – All
Tuesday and Thursday 6:45 PM, Saturday 10:30 AM.

Outdoor:
April 1 till mid August: Glenmore Track.
Monday, Tuesday, Thursday 6:15 PM (Monday time changes during the season).
Saturday 10:30 AM (when no meet).

Youth Athletes (ages 16 and up) are expected to do workouts on their off-days.

New for the 2012 season:

Meet Entry Fees.
Athletes will be responsible for their own meet entry fees.
Every athlete who wants to compete in meets needs to bring a cheque for $200 with the registration.
This goes into your Entry Fee Account. We will keep track of all your entry fees. When the $200 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 will 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.

Out of town meets.
Athletes are required to pay their meet fees (for hotel and transportation) 10 days before the first day of the meet. If the meet fee has not been received, you will not be entered in the meet.

For any questions, please call Jan Lips 403-668-7867 (home), or send an email: coach_jan@hotmail.com
You can talk to the coaches at our practices as well.

Coaching staff:
Jan Lips, Head Coach (all events) – cell phone 403-708-3530
Terry Crook, Assistant Coach (distance) – cell phone 403-969-5249
Michelle Romance, Assistant Coach (sprints, hurdles, field events)

Michelle is a Physiotherapist – talk to her if you have any kind if injury.

Calgary Warriors Website: www.calgarywarriorstrack.com
Check regularly for news and updates!