



# **Athlete (14+) & Parent Handbook**

**U16 (14-15), U18 (16-17), U20 (18-19) Senior (20-34), Master (35+)**

Revised 2019

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## **Welcome to the Kamloops Track and Field Club**

This handbook is specifically aimed towards those athletes 14+ to Masters 35+. Kamloops Track and Field Club prides itself in being amongst the top clubs in BC in terms of hosting competitions.

We are fortunate to have excellent facilities indoors at the Tournament Capital Center to be able to run our indoor programs for youth of all ages including Masters. We also have a great facility outdoors at Hillside Stadium which is used for twilight meets, elementary school meets, high school meets as well as larger meets such as the Provincial Championships. We have a history of running international meets as well.

Coaches are committed to an athlete's long term development and BC Athletics requires all coaches to pursue NCCP training.

Should you have any concerns or questions, please contact your child's coach or, the club president.

We look forward to getting to know and working together with you and your child to ensure that the experience is a rich and rewarding one for everyone.

Thank you in advance for your support and commitment.

For further information on our club's history, philosophy, programs, registration, coaches, summer camps, and fees please visit our website: [www.kamtrack.ca](http://www.kamtrack.ca) .

## **Program Overview**

The Kamloops Track and Field Club offers five different programs which usually begin in September of each year.

**Track Rascals** – This program is for children ages 6-8 years old and focuses on basic motor skills through fun and play. They are introduced to the track and field events through a simplified format.

**Junior Development** – Children ages 9-13 years old are offered development of fundamental movement skills and are encouraged to participate in track and field meets.

**U16 & U18** – Athletes ages 14-17 years old focus on early specialization into particular event areas.

**U20 & Seniors** - Athletes ages 19-34 years old are committed to becoming specialized in an event(s).

**Cross Country** - This program offers athletes of all abilities and ages an opportunity to train and compete together with a qualified coach in a variety of terrain.

**Masters** – This program is focused on athletes 35+, offering a range of coaching from the interested beginner to competitive specialization.

**Para Athletes** - Athletes with a physical, visual, or intellectual impairment may compete in certain events based on their impairment rather than their age. Overall, para athletes compete in almost all of the same events as able-bodied athletes with some exceptions.

## **Competitions**

The Kamloops Track Field Club hosts several meets each year in which athletes from JD to Masters can compete. As well, our athletes have many opportunities to compete in other meets throughout the province.

A list of meets we host and encourage athletes to attend can be found on our website: [www.kamtrack.ca](http://www.kamtrack.ca) . Click on 'Club Meets' found on the left side of the page.

For more meets hosted in other BC locations check out: <https://www.bcathletics.org/> . Open the site, click on 'Track and Field' found at the top of the page and scroll down to 'Upcoming Events'.

## **Practices**

The club schedules regular practice sessions that each athlete is encouraged to attend. The practise schedule will be provided by the coaches and can be found on the website: [www.kamtrack.ca](http://www.kamtrack.ca) , under 'Club Programs' found on the left side of the page.

Coaches will not necessarily cancel practice due to poor weather. In the event that a scheduled practice is cancelled, the coach or club will inform the members via email.

### **Expectations:**

- Athletes should plan to attend all practices. The coaching staff will inform you of any cancelations or changes to the practices. Let your coach know if you can't attend practice.
- It is important to be on time and prepared for practises; this means all gear on, including shoes. Your coach will teach you warm up and cool down exercises to ensure your muscles are warm and to prevent injury.
- Athletes must follow the directions of the coaching staff during practice (warm up and training program) to ensure everyone's safety and proper skill development. If the athlete is not feeling well or is unsure of what is expected, he/she should inform the coaching staff.
- Athletes should have the following at each practice:
  - \*water bottle, healthy snack (optional)
  - \*appropriate clothing for weather
  - \*a good pair of running shoes

Please ask the coach about whether it is necessary to purchase speciality shoes called "spikes".

What you do off the track is just as important as what you do on the track. You will be taught several recovery and regeneration methods aimed at helping you recover from workouts and prepare for competition. Use them! Be careful and aware of what goes into your body at any point in the year. It is useless to consistently train hard only to render it ineffective by treating your body poorly away from the track.

## **Getting Involved:**

Support your child's athletic endeavours by getting involved during practices and meets. Ask your child's coach how you can help, or perhaps you'll be interested in joining as a master's athlete.

It is important not to disturb or interrupt practices. Any questions can be directed to the coaches before or after practices. Please refrain from coaching or instructing athletes during practice sessions.

## **Competing at Track Meets**

Competitions are a great way of measuring the progress you've been making in practice.

### **Meet Registration:**

Consult with your coach as to which events and how many you should enter. Look at the meet schedule when you're making this decision.

1. [www.kamtrack.ca](http://www.kamtrack.ca)
2. Click on 'Club Meets' (on the left side of the page).
3. Find the specific meet from the chart.
4. To register, click on 'Information' for the specific meet you wish to register.

### **What to Bring to the Meet:**

- Warm up clothes, competition uniform and athletic shoes. Athletes should wear a club singlet when competing. (See your coach if you do not have a uniform a few days before the day of the competition.)
- If you are wearing spikes, ensure the spikes are tightened.
- Weather protective items (e.g. hat or toque, sunscreen, gloves, raingear, umbrella, blanket)
- A bag/backpack for warm up clothes and shoes while you compete.
- Hair elastics or hair band
- Water bottle
- Healthy drinks and snacks. \*\*Remember that track and field meets can be an all day event so bring lots.

## Competition Day:

### Arrival

- Arrive at the meet at least one hour before the start of your first event.
- Go to the Registration Table and pick up your competition number and pins, and attach it to the front of your singlet. You are required to wear your assigned number when competing. \*\*You will be charged for a new number if you misplace it.
- Find and check in with your coach.

### Before Competing

- Look for a posted event schedule to ensure the times for your events haven't changed.
- Listen for announcements mentioning event times. Events can start late or move up to 30 minutes before the scheduled start time.
- Do a proper warm up about 30 minutes before your event.
- Athletes must check in for their events prior to the event beginning. Check in for field events often occurs at the field event location, while track events occur at a marshalling tent near the starting line of the race.
- If you are competing in two events scheduled to start at the same time, check in at both events and let them know that you have a conflict. You will often be able to compete in the field event until the track event is ready to be run. Depending on how far the field event has progressed, you may be able to fit back into the field competition although you may miss an attempt or have to miss some heights at high jump.
- HAVE FUN AND STAY POSITIVE!!

### After Competition

- The results are posted usually 30 minutes after the event is completed.
- Keep a record of the meets that you attend, and the results you achieve so that you can track your improvement.
- Gather all your belongings and dispose of any garbage.

Don't make excuses for a performance, bad or good. Accept the outcome of your performances as learning experiences. Personal bests do not always occur at every meet. Remember great performances are a direct result of your investment in training and your commitment to yourself, your coach, parents and teammates.

**\*\*For younger athletes:** If you leave the competition site, for whatever reason, you should advise your coach that you are leaving and what time you will be back. Meets can be long and drawn out, and as mentioned before, meets frequently will move up the schedule to facilitate scratches. If this happens while you are away from the site and you miss your event, or you are substituted in a relay, it is not the fault of the coaching staff or meet organizers.

### **General Etiquette:**

Competitions are opportunities to have fun! Support and cheer your teammates while they are competing and respect your fellow competitors. Do not distract any athletes while they are competing. Be polite to the Officials and Volunteers and thank them when your event is finished.

Avoid going onto the track unless you are warming up or competing. Look to see if the track is available for warm up and look both ways before crossing as there may be a race taking place. Do not run next to an athlete on the track; this will cause them to be disqualified. Also, avoid going on the infield; it is closed to those who aren't competing or officiating. There are usually designated warm up, spectator and coaching areas.

### **Health and Nutrition:**

#### **Pre-Competition Sleep**

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

#### **Pre-Competition Meals – 3-4 hours before the event**

- High in complex carbohydrates, such as grains, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of fluids

#### **Snack Hints – For All Day Meets**

- Water
- Fresh fruit
- Granola bars, crackers, pretzels



## **Post-Competition**

- Athletes should do their cool-down runs after race events.
- Sports drinks, energy bars, and fruit for carbohydrate replacement.
- Dinner should include foods high in protein to build muscle.

## **Event Procedures**

### **Track Events:**

Races can either be run with heats and finals or as timed finals. Heats are preliminary races that all the registered athletes compete in. The eight finalists are chosen according to IAAF rules and race again in the final. Timed finals are like heats in that all the registered athletes in an age group compete. However, the final placing is determined from the results of the races ran: there is no advancement to a final.

### **Field Events:**

In field events with 8 or fewer athletes, each athlete receives 6 attempts. If there are more than 8 athletes, each athlete will receive 3 attempts. The top 8 will receive a further 3 trials. All 6 attempts are then counted in the result. The final placing is determined by the best of those 6 attempts.

In high jump and pole vault, athletes are allowed three trials at each height. Athletes are eliminated from the competition when they have three consecutive failed jumps.

### **Event Conflicts:**

Athletes must check in for their events prior to the event beginning. Check in for field events often occurs at the field event, while track events occur at a marshalling tent.

If you are competing in two events scheduled to start at the same time, check in at both events and let them know that you have a conflict. You will often be able to compete in the field event until the track event is ready to be run. Depending on how far the field event has progressed, you may be able to fit back into the field competition although you may miss an attempt or have to miss some heights at high jump.

### **Protests:**

All results will be posted at the competition venue. If you think an error has been made with the results, find your coach and discuss the matter with them. Only coaches or a coach designated club representative may lodge a protest; do not approach the Meet Director or Officials yourself. You have 30 minutes from the time of the results posting to lodge a protest.

## **ATHLETE CODE OF CONDUCT**

The purpose of a code of conduct for athletes is to establish a consistent expectation of athletes' behaviour. The actions of an athlete reflect themselves, their club and their community.

- I will always respect and show courtesy to my teammates and coaches.
- I will demonstrate good sportsmanship at all practices and competitions.
- I will set a good example of behaviour and work ethic for my younger teammates.
- I will be respectful of teammates' feelings and personal space and show consideration for diversity. Behaviour which is sexist, racist, homophobic, or otherwise inappropriate will not be tolerated.
- I will refrain from foul language, violence, behaviour deemed dishonest, offensive, or illegal.
- I will use electronic systems in a respectful, responsible, and ethical manner.
- I will attend all team meetings and practise sessions, unless I am excused by my coach(es). I will let my coach(es) know in advance if I am unable to attend.
- I will show respect for all competitors, facilities and other property used during practices, competitions, and team activities whether in or out of town/country.
- If I choose to wear any part of the KTFC uniform (practise or competition) outside of training/competition, I will always demonstrate appropriate behaviour as stated above as the uniform is a reflection of the club and its values.
- If I disagree with an Official's call, I will talk with my coach(es) and not approach the Official(s) directly.
- I will obey all of BC Athletics, Athletics Canada and IAAF rules and Codes of Conduct.

Athletes, who contravene this Code of Conduct and others as stated above, will be subject to disciplinary action, reflective of the age and maturity of the athlete, any special needs, and the severity and frequency of the unacceptable conduct. The discipline will be fair, consistent, and meaningful, for the purpose of making restitution and enhancing athlete responsibility and self-discipline.

### **Range of Repercussions:**

Warning, probation, suspension, removal.

**Disciplinary Action:**

Including but not limited to the following in any order or combination:

1. Verbal warning issued by a coach or organization.
2. Written warning issued by a coach or organization.
3. Suspension or ejection from the youth sports event issued by the Board of Executives.

**Code of Ethics for Parents**

1. Support your child's athletic endeavours by getting involved during practices and meets. Ensure they arrive on time and ready to train or compete. Consistency is the key in any technical support.
2. PLEASE DO NOT DISTURB OR INTERRUPT PRACTICE. Any questions or concerns can be directed to the coaches before or after practice.
3. Feel free to ask any questions about your child and his/her program. At registration or orientation inform the coach of any medical, physical, or personal problems which may impact your child's experience in our club. If something changes during the season, please let the coach know.
4. Please trust our methods and judgments concerning your child's practices. Your child's coach is a qualified track and field coach, committed to your child's proper, long term development not only as an athlete, but as a person as well.
5. Should you have any concerns, questions, or problems with a member of the coaching staff or feel you cannot approach a particular coach, contact the club's president who will then discuss the situation with the coach and everyone concerned.
6. If you have a concern during your child's competition, discuss it with the coach. Do not approach the Meet Director or Officials yourself.

**Fund Raising and Volunteering**

The success of any non-profit organization relies on its volunteers. This becomes very important at hosted track meet times but is also necessary at other times during the year. There is one mandatory fund raising activity for all members and many volunteer opportunities to ensure a well run program.

## **The Annual Manure Sale**

The main source of our funding comes through our Manure Sale. All athletes and parents are expected to take part in this event. We ask you to help with distributing advertising flyers (in March on your own time) and delivering the bags of the manure with other members (a weekend in April). The bagging of the manure is usually done by other community groups as their fund raising activity.

## **Volunteering**

Many volunteers are needed for a variety of positions at our track meets. Check online: [www.kamtrack.ca](http://www.kamtrack.ca) (click on the link 'Volunteer' found on the left side of the page) to see which meets we host and fill out the Volunteer Form where the Volunteer Coordinator will then get in touch with you.

Another opportunity to volunteer is by becoming a Track and Field Official. It is an accredited program with instruction and training provided. This is a great way to meet others and learn the rules and procedures of this sport. More information can be found on the website [www.kamtrack.ca](http://www.kamtrack.ca) (click on the link 'Officials' found on the left side of the page).