



JD Athlete and Parent Handbook

U10 (9), U12 (10-11), U14 (12-13)

Revised 2019

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Welcome to the Kamloops Track and Field Club

This handbook is specifically aimed towards those in the Junior Development (JD) age group programs (ages 9-13). In keeping with the Long Term Athlete Development (LTAD) Model programs for this age category focus on developing the fundamental movement skills of running, jumping and throwing, with the emphasis on FUN! <http://www.pacificsportinteriorbc.com/search?query=LTAD>

Coaches are committed to a child's long term development not only as an athlete, but also as a person. BC Athletics requires all coaches to pursue NCCP training.

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

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

Thank you in advance for your support and commitment.

For further information on our club's history and philosophy, programs, registration, fees, coaches, please visit our website:

www.kamtrack.ca .

Events

Track and Field is comprised of three components: running, jumping, and throwing.

Running Events - Sprints, Hurdles, Middle Distance

Sprints: 60m - 300m

Middle Distance: 600 – 2000m

Hurdles can be sprint or distance events

Relays can be sprint or medley races

Jumping Events - Long, Triple, High, Pole Vault

Long Jump is a running jump into a sand pit.

Triple Jump involves a hop, step, and a jump into a sand pit.

High Jump involves jumping over a bar onto a mat.

Pole Vault requires using a long pole to launch oneself over a high bar onto a mat.

Throwing Events - Shot Put, Discus, Javelin, Hammer

Shot Put involves putting a metal ball.

Discus involves throwing a disc.

Javelin involves throwing a spear-like implement.

Hammer involves throwing a metal ball that is attached by a wire to a handle.

Combined Events – Pentathlon

Pentathlon is comprised of five events: hurdles, high jump, shot put, long jump and middle distance (600m or 800m). Your result in each individual event gives you an overall score.

See the complete BC Athletics Events and Technical Specifications:

<https://www.bcathletics.org/>

Practices

Expectations:

The club schedules regular practise sessions, Tuesday and Thursday, each week for the JD program. Start and end dates can be located on the club's website: www.kamtrack.ca . The coaching staff will inform you of any cancelations or changes to the practices.

*It is important to be on time and prepared for practises. Your coach will teach you warm up exercises to ensure your muscles are warm at the beginning of your workout. A good warm up helps prevent injury.

*Athletes must follow the directions of the coaching staff during practice (warm up and training program) in order 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.

Gear:

*Dress appropriately for the weather (practises can take place indoors or outdoors depending on the season).

*Wear a good pair of running shoes.

*Bring a water bottle.

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

Getting Involved:

Support your child's athletic endeavours by getting involved during practices and meets. Ask your child's coach how you can help.

It is important not to disturb or interrupt practices. Any questions can be directed to the coaches before or after practices.

Competitions

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

Meet Registration:

Consult with your coach as to which meets and events to consider. Look at the meet schedule when you're making this decision to check for conflicts.

1. www.kamtrack.ca
2. Click on 'Club Meets' (on the left side of the page).
3. Find 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 or t-shirt while competing. (See your coach if you do not have a uniform a few days before the day of the competition.)
- 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 or t-shirt. 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 a round or have to miss some heights at high jump.
- **HAVE FUN AND STAY POSITIVE!!**

After Competition

- The results are posted usually 30 minutes or more 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.

****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 for 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 onto the infield; it is closed to those who aren't

competing or officiating. There are usually designated warm up, spectator and coaching areas.

Event Procedures

Track Events:

Races can either be run with heats and finals or as a timed final. 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 similar to 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, JD competitors are allowed three attempts. The final placing is determined by the best of those three attempts.

In high jump and pole vault, athletes are allowed three attempts 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 a round 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 him/her. 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 lodging a protest.

Athlete Reminders

1. **Be on time for both workouts and competitions.** Be dressed and ready to warm up five minutes prior to the start of workout. Arrive at the competition site a minimum of one hour prior to your scheduled event start time. Be aware of the meet schedule and remember meet schedules often change to facilitate entry changes. Be aware of what is going on at the competition site. This is your responsibility; not your coach's or your parents' responsibility.
2. **Come prepared to both workouts and competitions.** Expect the worst weather always. Bring everything you could possibly need to the track. Think ahead. Once again this is your responsibility.
3. **You are an ambassador for our club.** How you act on and off the track reflects upon all of us. Be as proud of yourself and your achievements as we are of you. Act like a winner.
4. **Act like a team during training and especially during competitions.** Encourage and reward positive behaviour and performance. No negative comments – EVER! Support and boost your teammates while they are competing, but do not distract them. They are focused and concentrating, do not interfere with this. Show your support from a distance.
5. **Never dispute an Official's call or judgment.** This is the coach's job. If you have a dispute, politely ask to speak to your coach and let him or her deal with the problem. Do not panic or lose your competitive focus. Officials and Judges are volunteers and are not there to make your life difficult but are there so you have an opportunity to compete in fairness. Treat them with respect.
6. **Never make excuses for a performance, bad or good.** Personal bests do not always occur at every meet. Accept the outcome of your performances as learning experiences. Your investment in training and your commitment to yourself, your coach, and your teammates are all part of the learning process and successes.
7. **What you do off the track is just as important as what you do on the track.** Treat your body and mind to good nutrition, drinks and plenty of rest when not training.

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 (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 to learn the rules and procedures of this sport. More information can be found on the website www.kamtrack.ca (click on the link 'Officials' found on the left side of the page).