

C C Track Club

Philosophy:

The CC Track Club is a club that seeks to involve the participation of athletes to train, and compete to the best of their abilities in the chosen areas of Track and Field. The club is not a profit organization and is set up for participants from ages 12 - masters level competitors.

The CC Track Club will provide coaching and opportunities for the participants and process registration and entries for events for the athletes. The coaches are volunteer coaches who are interested in promoting the sport of Track within the city of Prince Albert

Training:

Training for competition is necessary in order for the athlete to be able to put forth their best effort and compete to the best of their abilities. The Club will provide training sessions three times a week to facilitate this process. Training days will be:

Sunday 7 - 8:30 p.m. - Carlton

Tuesdays 5 - 6:30 p.m.

Thursdays 5 - 6:30 p.m.

We hope to be in the Alfred Jenkins Field House in the new year. Times and days may vary at that time.

Athletes are expected to make practice a priority, in order to improve their competency in their chosen area. There is no replacement for training for a specific event. Training will provide you with the best opportunity to do your best.

Costs:

Costs associated with the CC Track club will include a registration fee of \$275.00. The fee will provide memberships for all athletes to Saskatchewan Athletics, which is a requirement for all competition. The registration fee will also include entry fees for up to 3 events per meet, which are usually \$10 per event. Any other monies will be put into upgrading our equipment and track facilities, as well as to hosting a meet in the spring. Not included in the fee are travel expenses or lodging costs associated with attending meets.

Meets:

Meets that the CC Track Club would be interested in attending include:

Regina Friendship Games	Dec 5	Regina
Green and White	Dec. 5	Saskatoon
Santa Claus Throws	Dec 19	Saskatoon
Invitational Dual Meet	Jan 9	S'toon
Downtown Lions Sled Dog	Jan 29-30	S'toon
K of C Indoor Games	Feb 4-5	S'toon
Queen City Kinsmen Indoor	Feb 12-13	Regina
First Nation Indoor	Mar 6-7	S'toon
Alberta Age Class Champs	Mar13-14	Edmonton
Saskatoon Indoor (Pee Wee/Bantam Prov Champs)	Mar 19-20	S'toon
Spring Athletic Festival	March 27th	Regina
Sask Athletics Easter Camp	Apr 6 - 9	S'toon

The indoor season will be a great opportunity to prepare for the outdoor season and representing your school in the various meets that take place every spring, from school meets up to and including SHSAA Provincial Track Championships which are held in Moose Jaw this coming June

We have also hosted the Outdoor Provincial Age championships meet in June which has been be our opportunity to give back to our hosts in the indoor season. In order to host this meet we will need the support of our athletes and parents as helpers and officials.

There are other meets outdoors throughout the spring and summer which athletes would be able to attend, including the Hershey meet and School meets.

The coaches involved with CC Track include coaches from various High Schools in the area Coaches include: Ron Poetker Greg Walker Dave Dice Dave Dunn Rick Ronning Meagan Roy Cris Bennington

We can always use more help, as a coach, helper or official. Clinics and assistance is available for those who wish to gain some experience.

