

C C Track Club

Practice begins Nov 15th

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	6:30 - 8:00 p.m.	- Alfred Jenkins Field House
Tuesdays	5:30 - 7:0 p.m.	- AJF
Thursdays	5:30 - 7:00 p.m.	- AJF

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. Of the \$275, \$25.00 is per athlete is a facility use fee. 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 \$15 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 3	Regina
Green and White	Dec. 10	Saskatoon
Santa Claus Throws	Dec 17	Saskatoon
Downtown Lions Sled Dog	Jan 27-28	S'toon
Queen City Kinsmen Indoor	Feb 10-11	Regina
Aboriginal Indoor Champs	Feb 11	S'toon
Alberta Age Class Champs	Mar10-11	Edmonton
Saskatoon Indoor (Pee Wee/Bantam Prov Champs)	Mar 16-17	S'toon
Sask Athletics Easter Camp	Apr 10 - 13	S'toon
Spring Athletic Festival	Apr 21	Regina

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 Saskatoon this coming June

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 Chris Bennington Pat Janz Mike Taylor

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.

Practice Begins Nov 15th at 5:30 pm