2019 Track Season Begins!

Welcome to the Prince George Track and Field Club, both previous and new members. The countdown to the 2019 track season is on! In just a week, we will be starting up at Masich Stadium. I realize that this email is long but, please read this **entire email** thoroughly as it has lots of critical info on all kinds of topics.

**TRACK RASCALS**

* Starting date is Wednesday April 17th 6pm to 7:30pm
* There is a parent meeting in the stands this first night to go over any questions, recent changes and expectations
* Although it is ok to leave your young athlete in our care, please make sure they get checked in properly and picked up timely; be sure your contact info is up to date
* Water bottles with your athlete’s name is a must
* Weather changes quickly so be sure your athlete has proper clothing for the evening; a small bag or pack with name on it helps keep things together
* **Please note:** PGTF is often pre-empted by other events at the stadium; please check the web site schedule for the google calendar as we miss many Saturdays
* Due to the above issue we have extended Rascals **until June 26th** so they can enjoy their BBQ and finale on that date
* Parent volunteers are always welcome at the track – check in with anyone hanging around the “dungeon” doors under the stands; we are trying to organize equip and office supplies

**JUNIOR DEVELOPMENT**

* Starting date is Monday April 15th 6pm to 7:45pm
* **Please bring the $100 per family volunteer levy on this first night; cheque or cash**
* There is a parent meeting in the stands this first night to go over any questions, recent changes and expectations
* Although it is ok to leave your young athlete in our care, please make sure they get checked in properly and picked up timely; be sure your contact info is up to date
* Water bottles with your athlete’s name is a must
* Weather changes quickly so be sure your athlete has proper clothing for the evening; a small bag or pack with name on it helps keep things together
* **Please note:** PGTF is often pre-empted by other events at the stadium; please check the web site schedule for the google calendar as we miss many Saturdays
* Parent volunteers are always welcome at the track – check in with anyone hanging around the “dungeon” doors under the stands; we are trying to organize equip and office supplies
* Volunteer hours can be completed weekly at the dungeon, on the field (with a criminal record check) or at track meets; after 10 hours, the volunteer levy will be returned so it is important that your time is tracked

**SENIOR ATHLETES (U20)**

* Starting date is Tuesday April 16th 6pm to 8pm
* **Please bring the $100 per family volunteer levy on this first night; cheque or cash**
* There is a parent meeting in the stands this first night to go over any questions, recent changes and expectations
* **Please note:** PGTF is often pre-empted by other events at the stadium; please check the web site schedule for the google calendar as we miss many Saturdays
* Parent volunteers are always welcome at the track – check in with anyone hanging around the “dungeon” doors under the stands; we are trying to organize equip and office supplies
* Volunteer hours can be completed weekly at the dungeon, on the field (with a criminal record check) or at track meets; after 10 hours, the volunteer levy will be returned so it is important that your time is tracked
* If your athlete is planning to compete in High School Zones, they must be registered with their school coach!

**VOLUNTEERING**

* Volunteers are always welcome but any adult wanting to volunteer on the field with athletes must complete a criminal record check online: Online Link: https://justice.gov.bc.ca/eCRC/

Access Code: 4HWYF2E44Q

* Volunteers are needed at both home track meets (see below) for officiating, set up and take down; there will be a list available during the parent meeting for sign up
* **MAY 11th – parent volunteers will be needed to help run juniors and rascals this day**; it is prom and coaching clinic for our junior coaches; sign up at parent meeting

**OFFICIALS TRAINING**

* Helping with officiating at our 2 home meets is a great way to pay off the volunteer levy
* There will be a **LEVEL 2 OFFICIATING** course on **Friday April 26th** from 5pm to 9:30pm in the Wolf Den at the Northern Sports Centre; there is a **$25** fee for the Rules Book; this is a great course for anyone who has done a little helping at track meets already; ONLINE REGISTRATION:  <https://www.trackie.com/online-registration/event/bc-athletics-level-2-officials-workshop/31818/#.XKqcAaR7mM8>
* There will be a **LEVEL 1 OFFICIATING** course on **Saturday April 27th** from 9am to 10:30am for anyone wanting to help at the meet for the first time ever; **THIS IS FREE;** this is happening right before our Sub Zero meet and there will be lots of officials from the lower mainland to help you throughout the meet; REGISTRATION: <https://www.cognitoforms.com/BCAthletics1/Level1OfficialsWorkshopPrinceGeorgeApril272019>

**COACHING**

* Any adults or senior athletes (2004 or earlier) interested in coaching must have taken a track and field coaching clinic of any kind and **COMPLETED A CRIMINAL RECORD CHECK**
* PGTF is hosting a Club Coach clinic on May 10-12th; register online and if you commit to coaching this season the club will reimburse your costs; **SIGN UP SOON AND GET THE EARLY BIRD PRICE PLEASE!** <http://www.trackiereg.com/CCprincegeorge>
* All junior coaches must complete 24hours of volunteering before being eligible for salary

**THROWING CLINIC**

* PGTF and the Prince George Senior Games committee are hosting a throwing clinic **Sunday May 26th 10am – 4pm at Masich Stadium**
* Clinic is free to Masters and senior athletes **only** at this time; access may change depending on numbers

**MAJOR MEETS**

* Open to all junior development and senior athletes BUT NOT NECESSARY
* **Home meets**: Sub Zero April 27th, Spruce Capital June 8-9th
* **High Schools (gr 8-12)**: North Central Zones May 14-15th (Prince George), High School Championships May 29 – June 1st (Kelowna)
* **Dylan Armstrong Classic (Kamloops)**: May 3-4th
* **Jack Brow International (Kelowna)**: June 28th – 30th
* **BC Track and Field Championships Jamboree (Kamloops)**: July 5-7th; Senior athletes only
* **BC Junior Development Pentathlon Championships (Maple Ridge)**: July 13th, events: High Jump, Long Jump, Sprint Hurdles, Shot Put, and Middle Distance Run.
* **BC Junior Development Championships (South Surrey):** July 19-21st
* **Legion Youth Track and Field Championships (Sydney , NS):**August 9-11th, senior athletes only
* **Any meet is a good meet:** check the calendar at BC Athletics if your family is travelling this summer; there may be a great meet where you are going!
* All meet registration is online; book hotel accommodations **ASAP,** especially for Dylan Armstrong and Jack Brow

\*\*\*\*ANY ATHLETES ATTENDING DYLAN ARMSTRONG CLASSIC PLEASE SEND AN EMAIL TO: [elena@schonewille.ca](mailto:elena@schonewille.ca) so coach arrangements can be made ASAP\*\*\*\*