



PARENT & ATHLETE HANDBOOK 2015

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PARENT HANDBOOK 2015



TABLE OF CONTENTS

CLUB OVERVIEW 3

OUR PROGRAMS 4

VOLUNTEERS 4

COACHING STAFF 5

PRACTICE SCHEDULE 7

CLOTHING 7

CLUB AWARDS..... 8

COMPETITIVE MEETS..... 9

MEET & SPECIAL EVENT SCHEDULE 201511

CODE OF CONDUCT12

THE AL RIVAS/ANGIE KOHUT MEMORIAL SCHOLARSHIP14

FOR MORE INFORMATION14

PARENT HANDBOOK 2015



CLUB OVERVIEW

The **Prince George Track & Field Club** is a youth oriented sports club dedicated to the improvement and wellness of youth in Prince George and the region through athletics. Our club has a long and proud history of serving the community. First established in 1973, the club has laid the foundation for thousands of young children to learn life skills and build a healthy mind and body. The club believes that success lies not just in the numbers of medals won but in each athlete's improvement over time. Success includes learning how to work within a club atmosphere, in supporting all members in reaching their potential and respecting all those involved in the sport.

Useful information on the club:

- The club is a community based non-for-profit organization (society) registered under the BC Societies Act and is governed by a volunteer Board of Directors.
- The society's constitution and bylaws as well as our policies are available on the club's website (downloadable pdf) or upon request.
- Policies are reviewed on an annual basis.
- The club is a long standing member of BC Athletics and Athletics Canada.
- All our senior coaches are volunteers from the community

How we will communicate with you:

- In person as much as possible.
- A newsletter is published at least once per month.
- Email bulletins will be sent as needed so please supply us with your email contacts.
- Information updates will be posted on the club's website: pgtrackandfield.com.

PGTF 2014-2015 Board of Directors:

- President: Brian Martinson
- Treasurer: Cassandra Wiebe
- Registrar: Cindy King
- Directors at Large: Barry Nakahara, Bonnie Mercedes, Dan Rogers, Trevor Wheele, Sheryl Wiebe.

IMPORTANT NOTE: Our AGM will be held at Masich Place Stadium on **Wednesday May 20, 2015 (To be confirmed)**

PARENT HANDBOOK 2015



OUR PROGRAMS

Track Rascals

- A non-competitive skill development for children 6-8 years old

Junior Development Program

- Progressive skill development and low key competition for children 9-12 years of age.

Seniors Program

- Advanced programs for athletes 13 years to 35+

Indoor Conditioning

- Our indoor conditioning program runs from January - March each year at the Northern Sports Centre at UNBC. It is open to competitive and non-competitive athletes from aged 13 and up.

VOLUNTEERS

Each family is required to volunteer 10 hours. A \$100 volunteer deposit is required at registration and is returned to each family upon completion of volunteer hours.

Volunteers are needed in the following areas:

- To help organize, set up and assist with our MEETS
- To help with fundraising projects
- Various activities related to keeping the facility and club equipment in good shape

PARENT HANDBOOK 2015



COACHING STAFF

IMPORTANT NOTE: Coaches at the Club are parent volunteers and volunteers from the community with varying levels of coaching qualifications. They are committed to doing their best and to giving their time. Please treat them with respect!



HEAD COACH: BILL MASICH

Bill is a former board member with the club and a former member of the BC Athletics Board of Directors. The 46 year old son of track club founder Tom Masich assumed Head Coaching duties this year. Most recently he was the horizontal jumps coach with the club last year focusing a fair bit of time on pole vaulting.

Bill is a certified Run, Jump, Throw Course Conductor and Coach and aside from handling his duties as Head Coach, he will also be directly involved in coaching long jump, triple jump and pole vault. During his coaching career, Bill has helped many athletes attain athletic scholarships both in Canada & the United States.

Email: bmasich@shaw.ca



MIDDLE DISTANCE COACH: BRIAN MARTINSON

Brian has been involved in track since he was in high school. While continuing to compete he took up coaching track in 1984 and has been helping develop young athletes for the last thirty years. His contribution to the sport also extends beyond the competitive field as he joined the executive with the Club more than a decade ago and become President in 2009. Brian continues to serve in that position. He trains with the runners as well as coaching them.

At most local track meets Brian can be found organizing the event, working the finish line cameras and managing meet results.

Email: bmartinson@shaw.ca



SPRINTS & JUMP COACH: CORINE MASICH

Corine comes to the PGTF with over thirty years of coaching experience in badminton, alpine skiing and track and field. Corine has a degree in Physical Education and is an NCCP certified coach in several sports. She believes that the development of fundamentals and skill progression are vital to an athlete's growth and development.

As a coach, Corine feels that by fostering an environment that encourages respect, healthy competition, camaraderie, and personal growth, athletes will achieve their goals and achieve success.

Email: bmasich@shaw.ca



THROWS COACH: CASSAUNDR WIEBE

Cassandra took part in track and field throughout high school competing in numerous throwing events while she was on the track and field team at Correlieu Secondary in Quesnel where she grew up. She also spent a year on the PG track team for extra training while competing in high school. She coached the Quesnel throwing team for two years after high school and after moving to Prince George to continue her education at UNBC she joined the PGTF Coaching staff

working closely with Mitch Elliot. She has also competed in various BC track events including the BC High School Championships and the BC Summer Games.

EMAIL: Cassandra.Wiebe@alumni.unbc.ca

JUNIOR AND TRACK RASCAL COACHES: Our senior athletes work with our volunteer coaches in assisting with the Junior Development and Track Rascal Programs.

PARENT HANDBOOK 2015



PRACTICE SCHEDULE

Parents and athletes will be advised of any changes and updates will be provided on the club's website. A downloadable pdf of the practice schedule is available on the club's website.

Senior Practice

- 3 x per week
 - Tuesday and Thursday 6:00 – 8:00 pm
 - Saturday 10:00 – noon (no Sat. practices on Meet weekends – see schedule)
 - Held rain or shine at Masich Place Stadium
- Additional practices for certain events may be scheduled to assist athletes looking for specific skill development.

Junior Development (JD) Practice

- 3 x per week
 - Monday and Wednesday 6:00 – 8:00 pm
 - Saturday Noon - 2:00pm (no Sat. practices on Meet weekends – see schedule)
 - Held rain or shine at Masich Place Stadium

Track Rascals Practice

- 2x per week
 - Wednesday 6:00 - 7:30pm and Saturday Noon – 1:30pm
 - Wraps up on Friday June 12, 2015 (Spruce Capital Meet)

CLOTHING

WHAT TO WEAR FOR PRACTICE

- **Appropriate training gear for all practices based on weather conditions** including shorts, sweatpants, etc. If you have questions ask a coach.
- **Club Track suits and other apparel may be available** to order at the start of the outdoor season. Members will usually receive a discounted price for apparel but only when ordered in advance.

PARENT HANDBOOK 2015



UNIFORM, SHOES AND SPIKES

Athletes are required to wear a Club singlet to **ALL** club meets, both in Prince George and out of town. The PGTF uniform consists of a mandatory singlet and optional wear. Please wear black shorts. The price of your uniform and club apparel is not included in annual club fees. Contact a member of the club's executive regarding any uniform issues.

2015 UNIFORM COSTS:

MANDATORY: Singlet \$25.00

OPTIONAL: Sweat Pants \$45.00 / Track Jacket \$50.00 / Black Russell Hoody \$45.00

Proper shoes are crucial for your training. Each person has a different type of foot strike when they run and/or walk, so shoe selection should be carefully investigated. Spiked runners are not required for training, although older athletes occasionally train in spikes. Spikes are recommended for competition, especially for athletes 11 years of age and older. Please consult your coach for information regarding the purchase of spikes and the different types available.

CLUB AWARDS

The Club hosts an **Award BBQ** in September at Masich Place following the conclusion of the outdoor season. The club uses this opportunity to recognize our coaches, volunteers and outstanding athletes. In particular we hand recognize:

- **JD Crest Winners** – See the BC Athletics website for details on the Junior Development Crest program for athletes aged 9-14.
- **Club Awards** for male and female athletes in each age category, based on performance and sportsmanship. (Junior (9-12), Espoir (13-15), Senior 16+)

BC Athletics also provide Awards of Excellence, based on meeting certain athletic standards. For more information on Award Standards for Athletes 15+, check out: <http://www.bcatletics.org/main/awardscrit.htm>

Award Standards for Athletes aged 9-14 go to <http://www.bcatletics.org/main/awards/jdstandards11.htm>

PARENT HANDBOOK 2015



COMPETITIVE MEETS

Athlete & Parent Expectations

- **All PGTFC athletes must compete in a club singlet.** If you don't have one let us know.
- **Ensure that you have read the technical package** for the meet (posted on the hosting club's website) and are aware of the final schedule of events and any special notes.
- **Be at the track at least 1 hour before your first event.** This allows time to pick up your competition number (from club rep) and for a proper warm up and marshalling.
- **Dress appropriately for the weather** (which can change quickly). Ensure that you have warm-up clothes, plenty of drinking water and healthy snacks.
- **If you need help (warm up, marshalling, finding a mark, etc.) – please ask.** PGTFC Club Coaches are at the meet to support all PGTFC athletes. If you have any questions – ask.
- **If you have overlapping events – let the officials at both events** and a PGTFC Coach know. This can usually be sorted out.
- **All PGTFC athletes must treat fellow athletes, coaches, and officials with respect.** Good sportsmanship is expected. Please thank officials after your event.
- **If an athlete is not able to compete in an event** for which they are registered, ensure that the athlete lets a Club Coach know, so that the athlete can be scratched.
- **Coaching from the “sidelines” is not allowed** and may result in the disqualification of the athlete. If any incidence occurs, please bring it to the attention of a Coach ASAP.
- **Parents are not to question officials.** This is the responsibility of the coaches.
- **Be aware of restricted areas at the meet.** Usually the infield and the finish line area.
- **Please support all of your teammates.** Though athletes compete in individual events – remember you are part of the Team.
- **Most importantly – HAVE FUN!!** All athletes should compete because they want to, and should enjoy the challenge.

Out of Town Meets

Competition at any or all of the Meets is optional. Getting to and from Meets is the responsibility of the parents/athlete. **PLEASE NOTE:** *In order to manage the costs associated with Coaches attending an out of town meet, an extra levy may be applied to those competitive athletes attending to help defray some of these expenses. This levy will vary dependent on the number of coaches attending and the costs to attend a particular meet. The levy will NOT exceed \$30 per meet.*

PARENT HANDBOOK 2015



Should your child wish to compete, there are many things to be aware of:

- **Think about your athletes travel early and advise the Coaching staff** of your plans. Official Sign-up sheets will be available at Masich approx. three weeks prior to meets.
- **Respect all volunteers!** It takes over 100 officials and volunteers to run a track meet. The only source for the volunteer body is the parents attending the meets.
- **Attend Practice.** Athletes must attend 2/3 of all practices in order to attend a meet.
- **Parents & Athletes are responsible for submitting the required entry fees for meets to the PGTF club** which in turn handles registration online for the team. **THIS MUST BE DONE AT LEAST TWO WEEKS IN ADVANCE OF THE REGISTRATION DEADLINE.**

What to expect:

- **The Club usually has a section in the stands or at field level identified by the PGTF banner.** That is where you will find the Meet Information and also where you will get the meet number for your athlete (Usually held by an attending club director or coach).
- **Once registration is complete an email will go out to those attending an out of town meet** reminding them of the schedule and other relevant info.
- **Track events take priority over field events.** An athlete with two events at the same time must check into both and complete their run first & then return to the field event.
- **Remember to bring** Singlet/shorts, running shoes and/or spikes and tools (wrench, pliers, extra spikes, etc.), sweats/jacket (to be worn while warming up and right after competition to keep muscles warm), sunscreen, blanket and/or chair (some venues don't have bleachers), umbrella, water bottle, cooler with healthy snacks/lunch.
- **Ribbons/medals should be picked up at the meet** – any awards not picked up may or may not be available later.
- **Results are usually posted online by the host club.** PGTFC posts highlights of athlete's performances at meets after the event on the club's website: www.pgtrackandfield.ca
- **Remember to cheer on teammates!!**

PARENT HANDBOOK 2015



MEET & SPECIAL EVENT SCHEDULE 2015

May 15-17 - Centennial Meet, Kamloops

May 23, 24 - NCD High School, Masich Place, Prince George

June 4, 5, 6 - BC High School Championships, Langley

June 12 – Track Rascals Wrap-Up Night, Prince George

June 13, 14 - Spruce Capital Meet, Masich Place, Prince George

June 26, 27, 28 - Jack Brow Invitational, Kelowna

July 10, 11, 12 - BC Track & Field Championships Jamboree (14+), Nanaimo

July 17, 18, 19 - BC Jr. Development (9-13 yrs.), Kamloops

Aug 7, 8, 9 - Canadian Legion Youth National Championships, Quebec

Sept 13th (Sunday) 11:00am to 2:00pm – PGTF Wrap Up BBQ & Awards Day

PARENT HANDBOOK 2015



CODE OF CONDUCT

The actions of all those associated with PGTF are a reflection of themselves, their club and their community. As such a Code of Conduct has been developed for our athletes and for our Coaches as follows:

Athlete Code of Conduct

As an athlete and member of the Prince George Track and Field Club you shall:

Treat Everyone with Respect

- Treat fellow athletes, coaches, event organizers and spectators with respect.
- No "put-down" statements or behavior about any athlete or coach will be tolerated.
- Respect and accept with dignity the decisions of the official.
- Be generous in winning and graceful in losing.

Exercise Self Control at all times

- There will be zero tolerance for drugs or alcohol
- Refrain from the use of foul or profane language

Attendance

- Athletes are expected to attend all practices. If they are unable to attend, they should contact their coach at least one hour prior.

AS PARENTS we can help our children/athletes achieve this Code of Conduct by modeling good sportsmanship by:

Treat Everyone with Respect

- Cheer in a positive manner for all competitors
- Respect the decisions of the officials and don't interfere with the competition
- Be courteous & respectful to fans, competitors, coaches, event organizers & officials.

Exercise Self-Control at all times

- Respect the rules and regulations of the facility – refrain from the use of foul language.
- Refrain from the use of physical force of any kind.

What to do if you have any concerns

- Contact one of the Board Members to discuss your concerns.

If at any time these conditions are compromised the club has the right to suspend your child or ask your child to leave the club without a refund.

PARENT HANDBOOK 2015



Coaching Code of Conduct

Coaches Have A Responsibility To:

- Place a high priority on creating an inclusive environment for athletes of all abilities and skill levels.
- Treat everyone fairly regardless of gender, place of origin, color, sexual orientation, religion, or economic status.
- Treat ALL coaches, athletes and officials with due respect, both in victory and defeat.
- Recognize and accept when to refer athletes to other coaches and sport specialists. Allow athletes' goals to take precedence over those of the coach.
- Comments or constructive criticism should always be directed at the performance rather than the athlete.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language while in the conduct of your coaching duties.
- Consistently display high personal standards and project a favorable image of Athletics, Coaching and the PGTF Club.

Coaches Must:

- Ensure the safety of the athletes with whom they work.
- At no time become intimately and/or sexually involved with the athletes they coach.
- Abstain from use of tobacco products while in the presence of athletes and discourage their use.
- BC Athletics (and the PGTF Club) has a "zero tolerance" policy with respect of the consumption of alcohol and non-prescription drugs by any athlete, coach or team staff while involved in a competition setting or BC Team Members room.
- Abuse of alcoholic beverages, intoxication or drug abuse will result in immediate dismissal as well as disciplinary measures determined by the BC Athletics Discipline Panel and Board of Directors.
- Never advocate or condone the use of drugs or other banned performance enhancing substances, classes or methods.
- Never provide under age athletes with alcohol. (Do we need this one as there are laws against this? Is it restating the obvious?)
- Refrain from public criticism of fellow coaches, athletes and club members especially when speaking to the media or recruiting athletes.

Any conduct or action that violates club policy or policy established by BC Athletics or existing laws of British Columbia and Canada will result in immediate suspension as coach and removal as a member of the club (society) as authorized under current bylaws of the society.

PARENT HANDBOOK 2015



THE AL RIVAS/ANGIE KOHUT MEMORIAL SCHOLARSHIP

Each year, PGTF provides scholarship funds to deserving club members who graduate from School District #57 and from neighbouring districts. This award is in tribute to, and remembrance of Alriguez Sebastian Rivas and Angie Kohut. Both were long-standing members of the Prince George Track and Field Club, who tragically passed away as young adults a number of years ago.

Applicants must meet following criteria:

- Active member of The Prince George Track and Field Club
- Graduating from SD #57 or a neighbouring school district in the year of application
- Intend to pursue track and field related activities at a post-secondary institution or other Track and Field Organization and /or Post-Secondary Athletic Program

Recipients are considered based on athletic excellence, academic standing, citizenship, leadership and/or previous service to the sport as an athlete, coach, or official. Confirmation of post-secondary acceptance is required before receiving the scholarship.

This award may be presented to more than one athlete (student) depending on available funds.

To apply please provide the following information prior to the deadline of July 31, 2015:

- A copy of your grade 12 transcript
- A brief summary of your athletic background/history with the club and
- An outline of your plans for your education and athletic future

Send all correspondence to:

- PG Track and Field Scholarship Committee, Prince George Track and Field Club
Email: princegeorgetrackandfield@gmail.com

FOR MORE INFORMATION

PG Track & Field Club

Website: www.pgtrackandfield.com

Email: princegeorgetrackandfield@gmail.com

Phone: (250) 563-5696 (President: Brian Martinson)