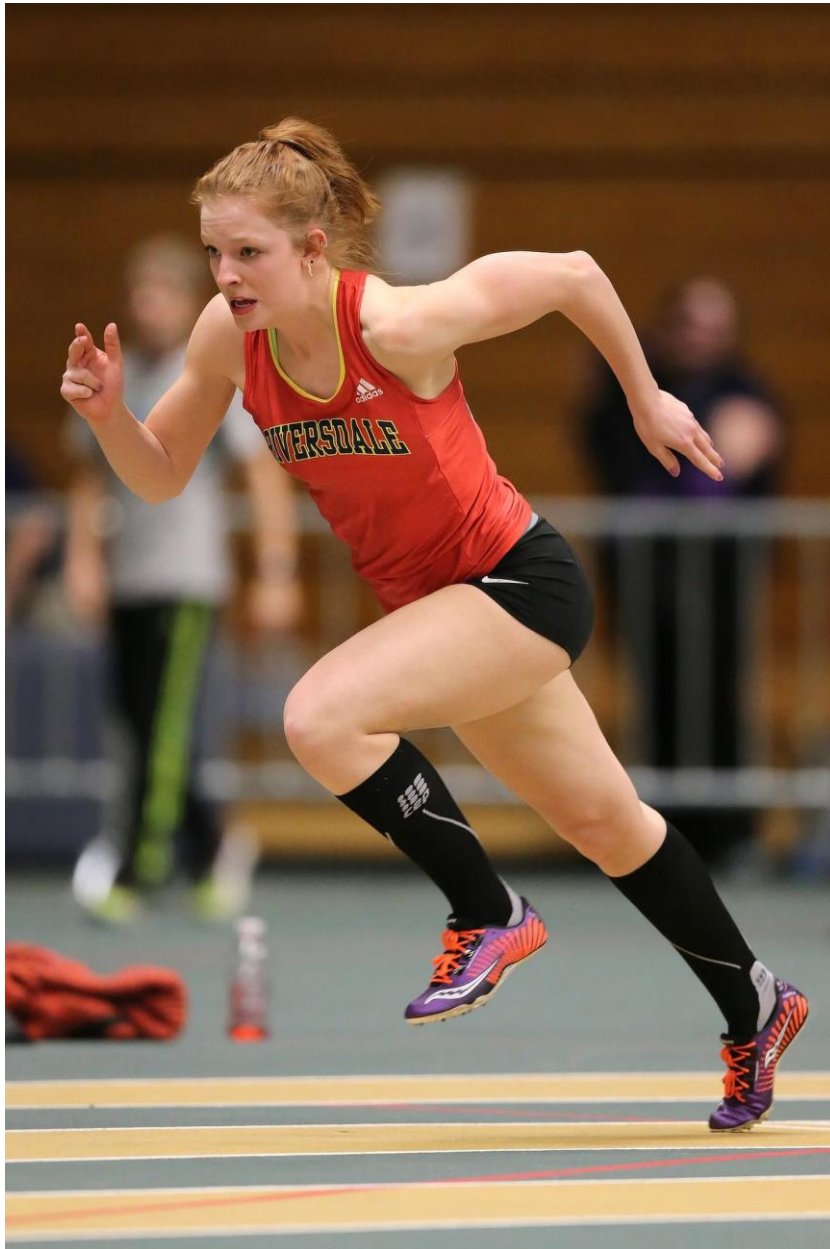


Riversdale ATHLETICS CLUB



Handbook 2016 - 2017

Hello and welcome to the 2015/2016 track and field season. We've put this booklet together to answer as many of your questions as possible. Of course you can always get in touch by emailing us at info@riversdaleathletics.ca.

Age Classes

Age classes are determined by the year of the athletes birth and change annually on January 1. This means that if you are in the second year of, for example, bantam (born in 2003), you will move up to midget class as of January 1, 2017. So, you might start the indoor season in one age class and finish it in the next oldest class. Here are the age classes as of September, 2016.

Year of Birth	Age Class as of September 2016
2006 or later	Peewee
2005, 2004	Bantam
2003, 2002	Midget
2001, 2000	Youth
1999, 1998	Junior
1997 and earlier	Senior
35 years old and older	Masters

Fees

Fees are due at registration. This year we have implemented an online payment system that will accept payment via credit card or e-mail transfer. Of course cheques and cash are still an option.

Age Class	Riversdale Fee	Sask. Athletics	Hub City	Fund Raising	Total
Peewee	330	45	100	200	675
Bantam	330	55	100	200	685
Midget	415	70	100	200	785
Youth	415	85	100	200	800
Junior	535	85	100	200	920
Senior	535	85	100	200	920
Masters	520	80	100	200	900

Riversdale Fee

Our membership fee and fundraising fee cover the basic operating expenses of the club. Our biggest expense by far is the cost of indoor track rental from the city. Last year this was well over \$35,000 and increases every year. FYI, the cost of renting the entire facility for a day and a half for the Kinsman meet last year was over \$12,000. We also give our coaches and club manager small honorariums to recognize the long hours they put in. Other expenses include covering the coaches' costs to attend out of town meets and attend upgrading workshops. We also set aside a small amount of money to help cover the costs to the athletes who qualify for national championships. There are some administrative and accounting fees as well.



Sask. Athletics Fees

Sask Athletics is the provincial arm of Athletics Canada. Everyone who participates in sanctioned meets needs to be a member. They also provide the liability insurance that covers your athletes while they are practising or competing. If you want to see what they are about, visit their website at www.saskathletics.ca.

Hub City Fees

The Hub City Track Council is the body that represents the three main track clubs in Saskatoon (Riversdale, STFC and the U of S Huskies). They are responsible for arranging the rental agreements with the city, reviewing inter-club disputes, and generally keeping all the clubs working together. The fees are used primarily to buy track and field equipment (hurdles, pole vault mats etc.) that are used by all of the clubs.

Fundraising Fees



The fee is \$200 per family. If you have more than one athlete, it is still \$200. These fees represent the portion of your membership fee that can be "earned" back by participating in various fund raising ventures for the club. For the last few years we have had a very successful grocery card fundraiser. We are always interested to hear your ideas in this area and will support almost any venture that benefits the club as a whole. That being said, the board does not feel it is their sole

responsibility to create and run fund raising ventures for the membership. It is our view that this is something that needs to come from the membership themselves. If you have an idea that you are willing to make happen, let's hear it. We don't want to hear, "Hey, why don't you..." we want to hear "Hey, I could...". The board is happy to support you in your efforts but we are not willing to do it for you. If this is something important to you, please join the board as our new fundraising coordinator.

Other expenses

Competition Singlet (\$60) - if you are a new member, you will need to purchase a Riversdale singlet to wear at competitions.

Meet fees - most meets charge \$20 per event. Fees for meets are payable when you register for the meet. Athletes will not be entered in meets until fees are paid. We usually make arrangements to have someone at the track during practise times to collect meet fees and registrations.



Travel Expenses - athletes are responsible for their own transportation and accommodation costs when attending out of town meets. If enough athletes are attending a particular meet, our travel coordinator may book a block of hotel rooms and/or arrange for a team bus to make things easier and less expensive for everyone.

Volunteering

Riversdale needs you. Everything we do here is done by volunteers. We have no paid positions. The coaches spending those hours with your child are volunteers. The people who come to the track to take your registrations for meets are volunteers. The people who organized the meets your athlete attended last year are volunteers. All the officials, and everyone else who helped at the meet were volunteers. You need to volunteer too. Without volunteers there is no track and field.

To be fair to everyone involved in the sport, all the local track clubs require their membership to spend time volunteering. At Riversdale we require every family to put in at

least 24 hours of volunteer time during the year. That's not much. Our coaches put in more time than that every month. There are a number of options for giving back to the sport.

Track Meets - Volunteering at a meet is a great way to get close to the action and is much appreciated by meet coordinators. It's also a fun way to meet other parents and volunteers and feel like part of the track community. If helping on the track or field is not your thing, there are always other things that need doing (ex. helping at the admissions gate or in the lunch room).

Officiating - This is your chance to tell your kids what to do, and they have to listen! If you are a track and field fan, this is a terrific way to get up close and personal with your favorite events. Officiating clinics are held periodically throughout the year. We will keep you in the loop.

Coaching - Our coaches can use your help! Do you enjoy helping kids and young adults be their best? Do you like helping people reach their goals? Really want to get involved? Then coaching may be just what you're looking for. Talk to one of our coaches about the possibilities.



Board of Directors - Our board makes sure the club runs smoothly so our coaches and athletes can focus on running, jumping and throwing. We are always looking for new voices and fresh perspectives. Meetings are fun (no, really, they are) and held about once a month. Serving on the Board fulfills your volunteer commitment so you don't need to volunteer at meets. If you have ideas about making the club better, this is the place for you.

Training Groups and Times



Developmental - Peewees and bantams. Head coach - Doug Boyd. The developmental group trains in all disciplines of track and field. Athletes are introduced to proper warm up techniques and given a good base in running, jumping and throwing which they can build on as they progress. This group trains on Tuesdays and Wednesdays from 4:30 till 6:00.

Sprints/hurdles/jumps/throws - Midgets and older athletes. Head coach - Joel Senick. Athletes begin to specialize in their favorite disciplines. A more intense training schedule and a greater focus on competition. Discipline specific skills and techniques are emphasized. Training is on Monday, Wednesday and Friday from 4:30 till 6:30 and on many Saturdays.



Middle distance - Midgets and older athletes. Head coach - RossAnn Edwards. Focused training for middle distance (800m, 1500m, 3000m) runners. Builds the skills and strategies needed for competitive middle distance running. Training is on Monday, Wednesday and Friday from 4:30 till 6:30.

Cross Country - All ages. Head coach - RossAnn Edwards. Program runs from late August to late October. Training to compete in local, provincial and national level cross country races. Training is on Monday, Wednesday and Friday from 4:30 to 6:30 at various locations around the city.

Pole Vault - Midgets and older athletes. Head coach - Mark Baerg. Training for beginning and advanced athletes in the discipline of pole vault. Training is on Monday, Wednesday and Friday from 4:30 till 6:30.

Base Training - All groups, all ages. From mid-September until the indoor season in November the groups meet at their regular times at outdoor venues around the city to build a cardio-vascular base for the competitive season.

Competitions

Competitions are held from December till March (indoor) and May till July (outdoor) both in Saskatoon and around the province. We also attend a number of competitions outside the province. There is usually a "team" trip to Edmonton in the spring and meets in Calgary and Winnipeg for the older athletes who qualify.



Here are the meets our athletes are most likely to attend.

Date	Meet	Location	Notes
Dec. 3, 2016	PR Athletics First Chance Meet	Saskatoon	All Athletes
Dec. 10, 2016	Santa Claus Throws	Saskatoon	Throwers
January 12 -14, 2017	Downtown Lions Sled Dog Meet	Saskatoon	All Athletes
January 26 - 28, 2017	K of C Indoor Games	Saskatoon	All Athletes
Feb. 3 -4, 2017	Bison Classic	Winnipeg	Invitational
Feb. 10 - 11, 2017	Regina Indoor Games	Regina	All Athletes
Feb. 17 - 19, 2017	Canadian Youth/Junior Championships	Montreal	Invitational
Mar. 3 - 4, 2017	Boeing Classic	Winnipeg	Invitational
Mar. 4 - 5, 2017	Alberta Age Class Championships	Edmonton	All Athletes (club trip)
Mar. 17 - 18, 2017	Kinsman Indoor Championships	Saskatoon	All Athletes

Meet fees are usually \$20 per event. Normally there will be a volunteer at the track a week or so before the entry deadline to pick up registrations. Fees must be paid before the athlete can be registered for an event.

Clothing



Riversdale clothing (hoodies, wind pants etc.) orders are placed two or three times a year. Details will be sent, once we know what the details are.