

Welcome Parents and Athletes to Riversdale Athletics;

A note from the coaches - **Doug Boyd and Alison Klassen.**

We will be your child's coaches this year every Tuesday and Thursday from 4:30 – 6 p.m. for outdoor and indoor training throughout the 2017 - 18 season for the Peewee and the Bantam athletes. **Peeweeps** can start training with us if they will be **10 years old by December 2017.**

Beginning Tues. Sept. 5 and continuing until Tues. Oct. 31 we will run **Base Training** which is very important to an athlete's year plan. Unless the weather is too rainy or snowy we will continue to train on those days. Doug will email or text if we have to cancel. ***Non-Negotiables: your athlete must come prepared for each base workout with a long sleeve shirt, short sleeve shirt, shorts, sweat pants, garden gloves (yes), water bottle and proper running shoes (not skater or designer shoes).** **Brainsport** is an excellent place to purchase shoes.

Athletes meet for Base Training in the parking lot above the weir on the university side of the river. If you know you are going to be late please let Doug know by text otherwise you may not be able to find us as we use a large area along the river. Parents are welcome to join us for some or all of the Base Training workouts on any given day OR just take a nice walk along the river if you are waiting for your child to finish.

Coaching young athletes is a privilege for us and a responsibility we take seriously. It is very important for us to get to know you and your child. Please keep communications open and never hesitate to contact us. You can reach Doug at mdboyd4@gmail.com or text him at **306-280-0634**. Below we have some questions that will help us provide best experience for your son or daughter.

Indoor Training begins on Thursday Nov. 2 in the Field House. Upon entering the track by the Saskatchewan Athletics Office you will find us along the wall to your immediate left. Each athlete should come prepared with proper training running shoes, a water bottle, shorts, t-shirt, sweatshirt and sweat pants.

A little bit about Doug & Alison

Doug

Retired Elementary school principal who for 15 years served as a board member, athlete and coach with Riversdale. During that time I also helped out as the club president for 3 or 4 years. I have almost completed my level 3 NCCCP coaching certification in sprints and jumps. After leaving the club for a few years I thought it was time to put my running shoes back on and do something that I truly enjoy.

Alison

Has trained and competed with Riversdale for a number of years as a Masters Athlete. High Jump is one of her favourite events which she will help coach once we go indoors. Alison loves working with kids and has a son who is a very successful sprinter and hurdler with Riversdale Athletics.

It would help us greatly if you would please complete the following questions on the next page and email it back to Doug (mdboyd4@gmail.com) or print it off and send it with your child to practice.

Pre-Season Questionnaire

PLEASE PRINT

Athlete's Name _____ Parents' Name(s) _____

Athlete's Name: _____ Athlete's Height: _____

Athlete's Weight: _____ Date: _____

1. Why does your son/daughter want to join a track and field club?
2. Is your son or daughter involved in any other sport training on a regular basis? Yes___ No___
 - If "Yes" what please provide the sport _____ How often are practices and games? _____
 - What days of the week does he or she train? _____
 - Game/competition dates if known _____ (feel free to send a game and practice schedule)
3. Does your son/daughter have any chronic health issues that we should be aware of including injuries from other sports that may affect their training?
4. Will your child be training once___ or twice___ each week?
5. Will you be expecting your child to enter competitions this year? Yes_____ No_____

Please do not hesitate to contact us if you have any questions at all.

Doug & Alison