

# PA Athletics Club

## Philosophy:

The PA Athletics Club is a track 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 for profit organization and is set up for participants from ages 9 – masters level competitors.

The PA Athletics 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:

### **Run,Jump,Throw Group - Ages 9-12**

Sundays only

6:00 – 7:00 pm – AJF

We are offering a program this year again for ages 9 – 12 which will take place Sunday evenings. The program is a Run/Jump/Throw program which will emphasize fun while learning track and field skills. The athletes will train with Coach Grant-Walker and Coach Gobeil at the field house track. As well after Christmas there will be some jumps and throws sessions at JD School. Some opportunity will be available for competition if desired. Sunday practices will be at the Fieldhouse. 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

**Run, Jump,Throw Plus – ages 10-14** with a minimal two years experience. This group will meet twice a week, Sundays and one other day to be determined, probably Thursdays

### **Regular Group – Ages 12 and up**

Sundays 7:00 – 8:30 p.m. – Alfred Jenkins Field House

Tuesdays 5:30 – 7:00 p.m. – AJF

Thursdays 5:30 – 7:00 p.m. – AJF

## Costs:

Costs associated with the PA Athletics club will include a registration fee of \$300.00 for the regular group, \$175 for RJT Plus and \$100 for RJT. 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 for senior club member, and up to 2 events per meet for RJT and RJT plus members, which are usually \$20 - \$25 per event. Any other monies will be put into upgrading our equipment and track facilities.

The club fundraiser will again this year be the CO-OP cards. The cards will be pre-sold by club members and a percentage of total sales will be returned to the club. This is a very painless fundraiser, as the cards are like cash throughout Western Canada. There will be a \$100 post- dated cheque required at registration as guarantor of the fundraiser initiative. The cheque will be returned if fundraising goal is achieved by the member. If fundraising has not been achieved by the member, the cheque will be cashed. It is expected that all club members will participate in the fundraiser.

Not included in the fee are travel expenses or lodging costs associated with attending meets.

### **Meets:**

Meets that the PA Athletics Club would be interested in attending include:

Downtown Lions Sled Dog	S'toon	Jan 12/13
Knights of Columbus	S'toon	Jan 26/27
Regina Indoor Games	Regina	Feb 9/10
Alberta Age Class Champs	Edmonton	Mar 2/3
Aboriginal Indoor Champs	S'toon	Mar 2/3
Saskatoon Indoor	S'toon	Mar 16/17
Spring Camp	S'toon	April 7/8

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 Prince Albert 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 PA Athletics include coaches from various High Schools in the area

Coaches include: Ron Poetker, Greg Walker, Carrie Grant-Walker  
Patricia Taylor, Mike Taylor, Stephen Gobeil,

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 14<sup>th</sup> at 5:30 pm for Regular Group

Practice Begins Nov 19<sup>rd</sup> at 6:00 pm for RJT Group and RJT Plus Group