



## Western Canada High School

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Date March 12th, 2019

Dear Parent/Guardian:

### WESTERN CANADA TRACK AND FIELD TEAM INFORMATION LETTER 2019

The Western Canada High School Track and Field season will soon be underway. The coaches are excited to get started and see student-athletes perform and build on the successes of last season.

#### Events & Disciplines Track & Field:

Students have the opportunity to train and compete in a variety of track and field disciplines. Our school staff and volunteer coaches have several years of experience and look forward to working with athletes daily to improve and develop skills. Events include 100m, 200m, 400m, 800m, 1500m, 3000m, sprint hurdles, long distance hurdles, relay, high jump, triple jump, long jump, shot put, discus and javelin.

#### Practice Attendance:

Students are expected to come to at least two practices per week for their event discipline(s). If students belong to a track & field club, they must attend at least one practice per week with the Western Canada High School team. As staff-teacher coaches we choose who represents our school at competitions and therefore need to know and see all athletes at practice each week to aid us in making these types of decisions. Although track & field is an individual sport, the coaching philosophy we are attempting to promote is a team environment. To be selected for the Divisional Championship Team and therefore represent the school, athletes are encouraged to compete at a minimum of one of the Dino Meets and be at practices regularly!

#### Practice Locations & Times:

Practice locations are different almost every day so it is imperative that students check their email, Track & Field bulletin board and school website. Practices will be held at the following locations: Western Canada High School & surrounding fields and pathways

*Glenmore Athletic Park 5300 19 St SW, Calgary, AB T3E 1P1*

*Foothills Athletic Park, 2431 Crowchild TR NW, Calgary, AB T2N 4L6*

*Repsol Centre 2225 Macleod Trail SE, Calgary, AB T2G 5B6*

Practices will generally occur from 3:45-5:15 PM Monday – Thursday. There will be additional technical practices in throws, High jump on some mornings and lunch times.

**(Please see attached Calendar for details)**

#### Important Track & Field Meet Dates:

**Note:** Athletes have several opportunities to compete in events before Divisional Championships

- Kamloops Battle of Border Meet      Friday April 26<sup>th</sup> and Sat April 27<sup>th</sup>
- Dino Meet: Thursday, May 2<sup>nd</sup>      4:30 pm – 9:00 pm      Foothills Track
- Dino Meet: Wednesday, May 8th      4:30 pm – 9:00 pm      Foothills Track
- Dino Meet: Friday, May 10th      4:30 pm – 7:30 pm      Foothills Track
- Divisional Meet: Thurs, May 16th      *during school day*      Foothills Track
- City Championships: Sat, May 25th      8:00AM -5:00 pm      Foothills Track
- Provincial Championships: Friday June 7<sup>th</sup> & Sat June 8<sup>th</sup>      in Calgary at Foothills

#### Transportation:

Transportation to the Glenmore Athletic Park will be provided using the Western Canada High school bus. Please note students need to arrange for their own transportation to get home from Glenmore Athletic Park or Foothills Athletics Park by either taking public transit or having a parent or guardian pick them up at the end of practice or track & field meets. For the City Championships students are responsible of finding their own transportation. Provincials occur in Calgary and students are responsible for their transportation to and from Foothills Athletics Park.

**Fees: please prepare two separate cheques. Payable to Western Canada High School**

**1) A combined total of the following Athletic fee + options...**

- Athletic fee for Track and Field is \$55.00

This fee pays for transportation, entry fees for meets, facility fee at Glenmore and Foothills Athletic Park and Repsol Centre, team t-shirt and end of season party.

- Optional Team Warmup Jacket (\$90)

*If you wish to purchase a team warmup jacket please also indicate on Info sheet*

- Optional Celebrate Western Raffle Ticket(s) (\$10)

**We strongly encourage Parents to purchase an optional “Celebrate Western Raffle Ticket” to support and help fundraise extra curricular activities at our School. The prize is a West Jet Vacation.**

**NOTE!! Raffle Tickets & Jacket fees must be received by March 21st!!**

**2) Singlet Caution Fee is \$55.00 (separate cheque)**

Singlets are our competition uniforms and singlets are school property, they must be returned. To prevent singlet loss and encourage the prompt return of the singlets, we will be asking for a caution fee. Please submit a post-dated cheque for June 10, 2019 to Western Canada High School. When student/athlete returns the singlet, the singlet caution fee cheque will be destroyed/shredded.

*Please contact Head Coach, Drew Freeman and school Principal for information on financial assistance. In accordance with Administrative Regulation 3027, “no eligible student may be denied participation on the basis of the inability to pay.”*

**Communication:**

Communicating with over one-hundred athletes is challenging, we ask that you check your email daily and check the track and field board regularly for updates. Please talk to Mr. Freeman or Ms. Ozero if you are not receiving emails. Sign-ups for Dino Meet Events must occur well in advance and sign-up sheets will be located at our Track & Field bulletin board. In the event that practice is cancelled, or there is a change of location, students will be informed via the school PA system, email and a posted update at track bulletin board.

**Forms: Please keep the Parent Information letter and Track & Field Calendar for your records**

**All FORMS MUST BE IN BEFORE YOU CAN ATTEND PRACTICE!  
RETURN THE FORMS TO THE SCIENCE OFFICE DOOR room 180**

Some degree of risk is always associated in all school off-site activities; please contact me if you have questions about specific risks associated with the activities.

To prepare your child for these risks we ask that you ensure:

- students have appropriate clothing and equipment, water, and footwear
- leave enough travel time to get to the venue in a safe and timely manner

I look forward to a very successful season!

Sincerely,

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Martin Poirier, Principal

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Drew Freeman, Teacher-in-Charge  
Head Track and Field Coach