



# ATHLETE AND PARENT HANDBOOK

An Introduction to the Kamloops Track and Field Club

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Welcome to the Kamloops Track and Field Club. We hope you find your experience in our club a rich and rewarding one. The emphasis of our program is fun and our aim is to have all athletes motivated to return to the track every week with enthusiasm.

The executive and coaches of the Kamloops Track and Field Club are committed to the following three values.

## PHILOSOPHY

1. To create and maintain a safe, healthy, and productive environment for the athletes in each program.

*With our support, our coaches invest in themselves through training, study, research and communication with other coaches. They are all enthusiastic, knowledgeable and committed to promote the positive aspects of training and competing.*

2. To approach our duties with the intent of producing athletes who are people first, and athletes second.

*We do not put emphasis on competition, winning or specialization at an early age. Athletes, at all levels, need to remember the reasons they initially became involved in this sport; challenge and FUN. For some, once they reach a certain level of maturity and ability, it may be appropriate to become more serious in their commitment. We believe track and field can be a life long endeavor for everyone, and at 9-13 years of age an athlete is just beginning. But coaches will be asking each athlete, when appropriate, to give their best effort during practice and competition.*

3. To provide those athletes who show desire and commitment with the support to pursue their potential, regardless of their natural abilities.

*We believe our sport, because of the many and varied events, offers something for everyone. We promise every athlete, should they decide to pursue athletics seriously, and the best support and coaching we can, regardless of what level they aspire to. All athletes will learn new skills across ALL events in track and field.*

Please help us in creating a positive learning atmosphere for young athletes by supporting these values and becoming involved in any way you can.

# HISTORY

The Kamloops Track and Field Club, a non-profit community based organization, has been a strong and stable member of the Kamloops sporting community since 1972. Its' primary purpose is to provide programs in track and field and cross country training to the youth in Kamloops and the surrounding area. To add to that experience the club hosts many competitions throughout the year.

The KTFC provides track and field programs in over 10 events (shot put, discus, javelin, hammer, sprints, middle distance, hurdles, pole-vault, long and triple jump and high jump) to Junior Development athletes from the ages of 9 to 13 years old. The Club recently added a Track Rascals' program which provides children ages 6-8 an opportunity to participate in track and field in a fun environment.

In 1994 the KTFC became a member of the Interior Regional Centre with Pacific Sport. Through that partnership the club hired a full time coach which increased membership and provided athletes with professional coaching. This has resulted in Kamloops athletes competing at provincial, national and international competitions and has provided all our athletes with more opportunities for training, competition and clinics.

The Kamloops Track and Field Club is also proud to have nurtured many qualified officials over the years who have gone on to officiate in local, provincial, national and world class competitions in all disciplines

With a full time coach the Club was able to establish a partnership with School District #73 by providing teachers and students with clinics and support. Club members and officials volunteer in many capacities in SD#73 elementary, cross country, Zone, District and high school meets and the Club provides equipment the school district can not supply.

The KTFC supports SD#73 with annual local events such as "Run Jump Throw", "You Think You Are Fast" and the "Kamloops Relay Fest".

In 2007 the City of Kamloops opened BC's first indoor facility (complete with a 200m track) at the Tournament Capital Centre, next to Hillside Stadium. With this addition the KTFC is able to provide year round programs to their athletes.

The Kamloops Track and Field Club provides support to athletes and coaches through funding from a variety of sources; community resource grants, provincial government funding, registration, fundraising and competitions.

## PROGRAM OVERVIEW

The Kamloops Track and Field Club offers six different programs.

1. **Track Rascals** - This program is for children ages 6 – 8 years old and focuses on basic motor skills through fun and play.
2. **Junior Development** – Children ages 9 – 13 years old are offered development of fundamental movement skills and are encouraged to participate in track and field meets.
3. **Development** – This program is aimed at youths 13+ where they begin early specialization into particular event areas. Workout attendance is not mandatory.
4. **Performance** – This group is for athletes 16+ who are committed to becoming specialized in an event. A full time commitment is expected.
5. **Cross Country** - This program offers athletes of all abilities and ages an opportunity to train and compete together with a qualified coach.
6. **Masters** – This program is focused on athletes 35+, offering a range of coaching from the interested beginner to competitive specialization.

## COMPETITONS

The Kamloops Track and Field Club hosts several events each year.

1. The Van Ryswyk Invitational which takes place each February indoors at TCC. It was named in 2010 after longtime KTFC volunteer Alwilda Van Ryswyk.
2. The Kamloops Centennial Meet which takes place in May offers many athletes the first opportunity to compete in the outdoor season and make their personal best.
3. Other track meets are allocated through a bid process and we may or may not be successful at the process.

Parents and athletes are expected to volunteer at the track and field events during our competitions. Without this support we would not be able to host these track meets. We encourage each family to volunteer a minimum of 4 hours during the meet.

## COMPETING AT A TRACK MEET

1. Arrive at the meet at least one hour before the start of your event.
2. Check the schedule again to ensure times have not changed.
3. Be aware of early or late running events.
4. All athletes are required to wear a competition number. The numbers are provided by the meet organizers.
5. All athletes should have proper warm-up clothes and competition clothes.
6. Athletes must wear a club singlet or t-shirt, shorts or spandex, running shoes or spikes while competing.
7. Bring warm-up attire to the meet.
8. Always have a water bottle with you to avoid dehydration
9. If you are wearing spikes ensure the spikes are tightened.
10. Athletes should go through a proper warm-up before their first event.
11. Athletes are required to check in for their events prior to the event beginning.
12. Focus on your event and try to remember what your coaches have taught you. Don't forget to HAVE FUN.
13. If you are competing in two events at the same time report to the officials at both events prior to the start.
14. All results will be posted at the competition venue, usually 1 hour after the event is completed.
15. If in doubt, ask your coach.

## RULES OF THE GAME

1. Be responsible for creating a positive attitude around training and competition. Think, speak and act positively.
2. Answer greetings with "Great", "Terrific", etc and you will believe it.
3. Always remember that as a member of this team you, along with your teammates, are the center of all of our efforts. Act accordingly and give back to those who have invested in you.
4. Enjoy Track and Field! Enjoy Academics! Enjoy Life!
5. Recognize that there are options and you have the right to choose consciously. Choose to choose.
6. Recognize in yourself and others that mistakes and backsliding are the only potholes in the road. They are roadblocks. They are normal and will confront you when you least expect it. Accept them and move on.
7. Winners are ordinary people with extraordinary determination.
8. Constantly recognize what you do well. Affirm yourself for it.
9. Constantly recognize what your team mates do well. Affirm them.
10. Only positive self talk. You are what you think.
11. Don't worry...think creatively, it's a better use of energy.
12. Be innovative. Choose your own particular way of doing things. Believe in yourself and ignore people who tell you that you can't do what you believe you can.
13. Be an ultimate WINNER. Achieve your POTENTIAL while encouraging and helping others achieve theirs; in Track and Field and in life.
14. View your competitors as a means to bring out the best in you, not as a means of comparison or judgment upon yourself.
15. Expect success. Constantly be aware of and affirm your positive self-image and goals.
16. Make growth choices, not fear choices.
17. Remember desire and courage will always overcome science and logic.
18. Always be part of the solution, never part of the problem; with yourself and others.
19. HAVE FUN!!

## ATHLETE CODE OF ETHICS

1. **Be on time for both workouts and competitions.** Be dressed and ready to warm up five minutes prior to the start of workout. Arrive at the competition site a minimum of one hour prior to your scheduled event start time. Be aware of the meet schedule and remember meet schedules often change in order to facilitate entry changes. Be aware of what is going on at the competition site. This is your responsibility; not your coach's or your parents' responsibility.
2. **Come prepared to both workouts and competitions.** Expect the worst weather always. Bring everything you could possibly need to the track. Think ahead. Often the athlete with the best performance is the best prepared. This is also your responsibility and yours alone.
3. **You are an ambassador for our club.** How you act on and off the track reflects upon all of us. Be as proud of yourself and your achievements as we are of you. Act like a winner.
4. **Act like a team during training and especially during competitions.** Encourage and reward positive behavior and performance. No negative comments – EVER! Support and boost your teammates while they are competing, but do not distract them. They are focused and concentrating, do not interfere with this. Show your support from a distance.
5. **Never dispute an official's call or judgment.** This is the coach's job. If you have a dispute, politely ask to speak to your coach and let him or her deal with the problem. Do not panic or lose your competitive focus. Officials and judges are volunteers and are not volunteering to make your life difficult but are there so you have an opportunity to compete in fairness. Treat them with respect.
6. **Never make excuses for a performance, bad or good.** Personal bests do not always occur at every meet. You must accept the good with the bad as performances are learning experiences. As well, great performances should be rewarded, by yourself and others. Great performances are not flukes – they are the direct result of your investment in training and your commitment to yourself, your coach, and your teammates. We all deserve credit for each athlete's performance.

7. **What you do off the track is just as important as what you do on the track.** You will be taught a number of recovery and regenerations methods aimed at helping you recover from workouts and prepare for competition. Use them! Be careful and aware of what goes into your body at any point in the year. It is useless to consistently train hard only to render it ineffective by treating your body poorly away from the track.
8. **Relays:** If you are on a relay team at a competition, you must check in with the coach a minimum of one hour prior to the start of the event. Putting together relay teams is much easier if everyone commits and shows up on time. If you do not show up to compete at least one hour before the scheduled start of the relay, you may be substituted with another athlete. This is the only way we can be fair to those athletes who are on time. Warm up with your team.
9. **If you leave the competition site,** for whatever reason, you must advise a coach that you are leaving, and what time you will be back. We understand meets can be long drawn-out days, so you are allowed to leave the site, with prior consent from a coach. Also understand, as mentioned before, that meets frequently will move up the schedule in order to facilitate scratches. If this happens when you are away from the site and you miss your event or you are substituted in a relay, it is not the fault of the coaching staff.
10. **Find out who has the numbers and pins** when you arrive at a competition. Get yours, don't lose it, and make sure it gets on your singlet properly.
11. Know the **Kamloops Track and Field Club's Rules of the Game.**

## CODE OF ETHICS FOR PARENTS

1. Support your child's athletic endeavors. Ensure they arrive at workout on time, ready to train. This applies for competitions as well. Consistency is the key in any technical support.
2. Get involved. We can always use some help.
3. PLEASE DO NOT DISTURB OR INTERRUPT PRACTICE. This is the time you and other parents have paid to have their child learn the fundamentals of the sport. You are welcome to sit in the stands and observe but do not distract any child by taking up valuable coaching time. Any questions can be directed to the coaches after practice.
4. Feel free to ask any questions about your child and his/her program. At registration or orientation inform the coach of any medical, physical, or personal problems which may impact your child's experience in our club. If something changes during the season please take the time to talk to the coach or send an email.
5. Your child's coach is a qualified track and field coach, committed to your child's proper, long-term development not only as an athlete, but as a person as well. Please trust our methods and judgments concerning your child's practices.
6. Should you have any concerns, questions, or problems with a member of the coaching staff or feel you cannot approach a particular coach, contact the club's president who will then discuss the situation with the coach and everyone concerned.
7. If you have a concern during your child's competition discuss it with the coach. Do not approach the meet director or officials yourself.

## **NUTRITION**

We encourage and promote healthy eating. Good performance follows good eating habits. If you need help or encouragement, please do not hesitate to contact your head coach.

## **PERSONAL BESTS**

The goal of an athlete in this club should always be to achieve their own personal best, no matter the age. Achieving a personal best requires dedication, hard work and commitment. The KTFC is committed to helping you achieve that goal.

## **FUNDRAISING**

The main source of our funding comes through our annual manure sale. This sale is held the end of March or beginning of April. All athletes and parents are expected to take part in this event.

Your expected involvement will include one day bagging at Three Hills Ranch and one weekend assisting with the delivery of the manure in Kamloops or immediate area. If there are fewer volunteers or more orders promised you may be expected to offer an additional day. "Many hands make light work" and we welcome friends and other family members to come out and help. Food and water is provided for everyone and it is an opportunity for all club members to come together and share in a common goal.

The money raised covers our rent and coaches' salaries. Any extra money raised is spent on equipment, team fees, team travel and other expenses the club incurs which benefit all club members.

The Kamloops Track and Field Club must have the help with the manure sale from all parents and athletes. It is our only means to raise money other than our competition fees.

## SHOE / SPIKE INFORMATION

WHAT TO LOOK FOR: One needs to realize when looking for spikes that they are made for performance, not support, so your options are limited if your concern is stability.

For most athletes (and especially JD athletes) what is needed for training is a solid all-purpose training/competition spike. Most "middle-distance" (MD) spikes fit this bill perfectly. We don't recommend the younger athletes (midget and below) using actual "sprint" spikes for training and competition as these have little or no heel on them and if you train too much in them you may develop an injury.

For those who have real support problems another alternative, other than the MD spike, is a good long jump/triple jump/pole vault spike. These are heavier than most sprint/MD spikes but offer far greater support. These are specialty shoes and therefore are more expensive and harder to purchase in Kamloops.

In terms of cost, no one should pay more than \$100 for a general all-purpose spike, although specialty shoes, especially javelin boots and high jump shoes, can get up to the \$150 - \$200 range for a new, current model.

Ask your coach for assistance in choosing the right shoe and where to purchase them in Kamloops.

NOTE: Often there are slightly used spikes available from other athletes. Ask your coach if he is aware of any available. Anyone is welcome to post a request or ad on the club bulletin board at the track.

## NATIONAL THROWS CENTRE

In 2005 the Kamloops Track and Field Club hired world renowned throws coach and doctor of Pedagogical Science Dr. Anatoliy Bondarchuk.

Dr. Bondarchuk was a National Team Coach in Russia for 25 years and high performance coach in Kuwait for 12 years.

In 2009, after the throws performance at the Beijing Olympic Games, the club partnered with Athletics Canada to create a National Throws Centre under the leadership of Dr. Bondarchuk. The Centre's mandate is to provide coaching and training opportunities to high performance athletes in the throwing events in order to improve Canada's podium performance in future international events.

This National Throws Centre is aligned with Athletics Canada strategic plan and their commitment to leadership, development and competition ensuring sustainable podium results, with high performance being the key priority.

For information regarding this program visit [www.athleticscanada.com](http://www.athleticscanada.com).

Contact Judy Armstrong at [j2armstrong@shaw.ca](mailto:j2armstrong@shaw.ca) for more information about the Kamloops National Throws Centre.