



**February 1, 2010**

**Hello Everyone**

**I am sending out this mass communication to provide you with an update on our Club and information for the 2010 competitive year. I am also sending this to individuals who previously contacted the Club seeking membership and general information.**

### **Annual General Meeting**

**Our Club constitution mandates an Annual General Meeting. This will be held either the last week of February or the first week of March. I am awaiting confirmation on an Oakville venue that is available for no cost. As you may recall, our past AGMs were held at Glen Abbey Recreation Centre. It was a convenient location but costly. We are attempting to secure another as convenient Oakville location which may be donated.**

**It is my hope that the meeting will be scheduled on a Monday evening in place of the regular track training.**

**When the arrangements have been confirmed I will forward an invitation via separate e-mail. If there is any specific item, or discussion piece that you would like placed on the agenda please send it to me at your earliest convenience.**

### **2010 Membership/Athlete Registration**

#### **Membership**

**The Executive Committee met last week and made a final decision to hold fees for 2010 to \$400. We would be pleased to receive payment accompanied by a completed registration form (attached) as soon as possible to assist with meeting the registration deadlines for Minor Track Association and/or Athletics Ontario (previously Ontario Track & Field Association).**

**For those of you who would like to make deferred payment, we will accept payment in equal monthly installments over a 4 month period.**

#### **Carpooling – Nearest intersection**

**An addition to the registration form for 2010 is written permission to disclose and circulate contact information amongst members. This was a request made by parents looking to arrange car-pooling or last minute rides for athletes. Prior to the addition of the expressed permission being given, the Club had no authority to release such information.**

**It would be helpful to include on the registration form the nearest intersection to your home.**

## **Indoor winter training**

### **Training days**

As our returning members are well aware, at the beginning of November 2009 we moved to our indoor track facility at McMaster University's David Braley Athletic Centre located at 1280 Main Street, Hamilton. The training sessions are Monday & Wednesday (7pm to 8:15pm). The Friday training sessions are back in Oakville at the Iroquois Ridge Community Centre (North end of bldg in the gymnasium) located at 1051 Glenashton Drive, Oakville.

### **McMaster fees**

Fees for McMaster are \$90 for a 3 month period. For those of you who registered in November it is now time to renew. If you already have a membership card only payment is required. If you are a new member, please contact me and I will make arrangements to have your photo taken and your membership card created.

At the next training session please bring \$90 in cash, or cheque made payable to the Club. Please deliver it to either the Head Coach (Ted Neptune) or the Club Manager (Lynne Hill).

## **Competitive Gear**

### **Uniform**

All athletes competing at meets must do so in the Club's uniform. If you do not have one, or are in need of a replacement please speak with Ted Neptune. Mr. Neptune has a number of uniforms in inventory.

### **Track spikes**

A number of parents have asked what to do with outgrown gently used track spikes. Others have indicated that the cost of new spikes is unreasonable given that athletes' feet are still growing. If you have gently used spikes bring them out to our training sessions and I will match them with new owners for a fixed price of \$50.

Please feel free to contact me directly (either phone or e-mail) with questions.

On behalf of the Executive Committee I wish you all the best for 2010



**Andrew Tyrrell**  
**President**  
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**atyrrell@oakvilletrackclub.com**



**OAKVILLE LEGION TRACK & FIELD CLUB  
REGISTRATION FORM**

**2010**

NAME: \_\_\_\_\_

HOME PHONE #: \_\_\_\_\_ CELL PHONE #: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

BIRTH DATE Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

AGE CLASS: \_\_\_\_\_ OTFA NO.: \_\_\_\_\_ MTA NO. \_\_\_\_\_

ONTARIO HEALTH INSURANCE PLAN (OHIP) NO.: \_\_\_\_\_

MEDICAL CONDITIONS and/or MEDICATION(S) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMERGENCY CONTACT PERSON:

\_\_\_\_\_

TELEPHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

RELATION: \_\_\_\_\_

**MEMBERSHIP FEE** - Bantam / Midget /Juvenile /Junior / Senior **\$400.00**. (Fee includes full year training by certified coaches, access to training facilities, athletic therapist, website profile, club t-shirt, eligibility for club awards, and scholarship recommendations.) Athletes are required to pay meet fees and OTFA/MTA fees.

Subsidy for travel and accommodation to out of town meets will depend on the Club's finances and will be decided by the Club's Executive Committee on a case-by-case basis. Only athletes who fully participate in Club training and activities will be subsidized.

**PERMISSION** - I give permission for me/my child to take part in all track meets and related activities scheduled by the Oakville Legion Track & Field Club Track Club. I allow the Club to use my/my child's likeness for material required to promote competition, quality of the athletic experience and athletic results.

I give permission to have my contact information distributed to athletes and athletes' parents for the purposes of communication and assisting with carpooling to meets, training and Club functions.

**WEBSITE** - I consent to have my/my child's profile, with picture and video, as part of the Club's website:

YES \_\_\_\_\_

NO \_\_\_\_\_

Only athlete name will appear on the roster and Club profile

**INDEMNITY** - In consideration for permitting me/my child to participate in the above-mentioned activities of the Oakville Legion Track & Field Club, I agree to insure myself/my child against any loss resulting from these activities or from traveling to or from these activities. I agree to indemnify and save harmless the Oakville Legion Track & Field Club, and/or its personnel from all losses, damages, claims, and demands occasioned thereby.

**AUTHORIZATION** - I authorize the Oakville Legion Track & Field Club and its personnel to provide all medical care which they may deem necessary for me/my child in the event of injury, and I agree to reimburse the Oakville Legion Track & Field Club for all necessary expenses incurred.

**MEDICAL CHECK-UP** - It is advisable that athletes undergo a medical check-up prior to rigorous training in track & field.

**GOOD BEHAVIOUR** - In consideration of being a member of the Club, I agree to adhere to, and follow the Oakville Legion Track & Field Club's Code of Good Behaviour, and the O.T.F.A. policy on "Drug Use and Doping Control".

### **Oakville Legion Track & Field Club – Good Behaviour Contract**

By becoming a member of the Oakville Legion Track & Field Club I agree to adhere and follow the "Oakville Legion Track & Field Club Code of Good Behaviour" outlined below:

- 1 Athletes must respect human rights, that is equal rights of each athlete, coach and administrator, with no discrimination on the grounds of sex, race, colour, language, religion, political or other opinions, national or social origins.
- 2 Athletes must respect the dignity and recognize the contribution of each individual athlete.

- 3 Athletes must acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules. This is with respect to both training and competition.
- 4 All athletes must exhibit respect for officials.
- 5 Athletes should never smoke while training, nor consume alcohol beverages or any other banned substances, before athletic performances that affects their performance or competence.
- 6 Athletes must follow all set guidelines & rules when traveling and competing at any track meets. This includes all curfews and individual schedules.
- 7 Athletes are required to adhere to their training programs and to compete to the highest level of their ability. Athletes must arrive on time for training sessions, and advise the Head Coach if unable to attend a training session. They must follow the direction and guidance of the coach(s).
- 8 Athletes must adhere to and support the Ontario Track & Field Association Drug Use and Doping Control Policy, and agree to abide by the rules and procedures of Athletic Canada, O.T.F.A. and the Oakville Legion Track & Field Club.
- 9 Athletes will not be permitted to practice with, or enter an event until all Club membership forms have been signed, furnished with proof of age, and all fees paid, along with MTA and/or OTFA registration forms.
- 10 Athletes are required to compete in official Club uniform.
- 11 Athletes are required to pay Club fees promptly when due.

12 Any athlete wishing to protest an event must do so through the Head Coach or, if no Head Coach is present, through a Club coach, or if no Club coach is present, through the Club Executive Committee member present.

13 Athletes shall be responsible to their Coach.

14 Athletes are required to sign a Good Behaviour Contract on an annual basis at the time of membership application and/or renewal.

15 Athletes shall comply with the Club Policies and By-Laws.

**NOTE: Signatures of athlete and parent/guardian verifies that you have read and agree to all the above.**

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF ATHLETE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

**GENERAL INFORMATION** - For any further information or questions concerning the Oakville Legion Track & Field Club and any of its programs please visit our web site at **[oakvilletrackclub.com](http://oakvilletrackclub.com)** or contact Head Coach, Ted Neptune at **(905) 573-2429**.

Email enquiries can be sent to: [info@oakvilletrackclub.com](mailto:info@oakvilletrackclub.com)