



HIGHLANDS TRACK AND FIELD CLUB Mission Statement:

The Highlands Track and Field Club is a not-for-profit volunteer-run developmental track club aimed at introducing fundamental sport skills and developing confident, healthy active human beings. By providing training, a sense of community as well as recreational and competitive opportunities for athletes aged 10-18, we will assist athletes in becoming the best version of themselves through challenges in sport and supporting their mental, physical, social and emotional development as athletes. We will aim to foster life skills and attributes like goal-setting, decision-making, integrity, resilience and positive mental health strategies through sport.

We will focus on fundamentals such as speed, stamina, skill, strength and flexibility guided by the principles of Long-Term Athlete Development. The proper mechanics of running will be taught as well as technique in the various disciplines of throwing, jumping and hurdling. We hope to facilitate athletes in finding joy in movement and celebration in improvements through a focus on Personal Bests.

We aim to create an inclusive and connected community of athletes where individual achievement is supported by positive team dynamics. We are excited to provide athletes an opportunity to train locally for sport in a co-ed community and develop a sense of pride and identity in self and our local club while providing opportunities for participation in competitive meets across Ontario.

When: Wed. June 11 - Aug. 13 (8 weeks)

Practices will be scheduled for the following dates, which may be subject to change based on weather or other conflicts:

Wednesday June 11 - 3:45 - 5:30 pm

Sunday June 15 - 6:30-8:00 pm

Wednesday June 18 - 3:45 - 5:30 pm

Sunday June 22 - 6:30-8:00 pm

Wednesday June 25 - 3:45 - 5:30 pm

Sunday June 29 - 6:30 - 8:00 pm

Wednesday July 2 - 5:00 - 7:00 pm

Monday July 7 - 6:30 - 8:00 pm

Wednesday July 9 - 5:00 - 7:00 pm

Sunday July 13 - 6:30 - 8:00 pm

Wednesday July 16 - 5:00 - 7:00 pm

Sunday July 20 - 6:30 - 8:00 pm

Wednesday July 23 - 5:00 - 7:00 pm

Monday July 28 - 6:30 - 8:00 pm

Wednesday July 30 - 5:00 - 7:00 pm

Wednesday Aug. 6 - 5:00 - 7:00 pm

Monday Aug. 11 - 6:30 - 8:00 pm

Wednesday Aug. 13 5:00 - 7:00 p

Where: Haliburton Highlands Secondary School Track

Ages: 10 and up (born 2014 or earlier or by special permission by the coaches)

Membership Options:	Fee	INCLUDES	DOES <u>NOT</u> INCLUDE
Recreational Athlete <i>(athletes that just want to practice but not compete)</i>	\$100 + AO Registration Fee*	-Practice participation and fees for facility rentals and equipments costs	-Option to compete in any sanctioned meets
Competitive Athlete	\$150 +AO registration fees*	-Practice participation and fees for facility rentals and equipments costs -MTA (Minor Track Association) membership for individual athlete and club memberships that allows participation in any MTA meets	-Entry fees for individual events at meets (\$15/event generally), transportation, accommodations

**Pending approval of our club for sanctioning by Athletics Ontario. Fees range based on age and are under \$20 maximum for "training" (recreational) athletes and \$68 for U16 competitive athletes.*

<https://athleticsontario.ca/membership-fees/>

Tentative Competition Schedule:

- Legion District F Meet - June 21 Oshawa
- Flying Angels International Meet - July 6, 7 - Toronto Track & Field Centre (York U)
- Minor Track Association Outdoor Championships -July 26,27 - Etobicoke

Athletes will need their own transportation to meets. Entry fees for meets will be paid by the athletes (\$15/event generally)

We will also look to conclude our season with a fun decathlon or heptathlon within our club!

Want to learn more?

Minor Track Association: <https://www.mtaontario.com/>

Athletics Ontario: <https://athleticsontario.ca/>

Head Coach: Karen Gervais karen.gervais@tlds.on.ca

(705)455-7755

HIGHLANDS TRACK AND FIELD CLUB



ATHLETES EXPECTATIONS

Athletes will:

- Arrive on time for practice and come ready to work.
- Make a commitment to their training and self-improvement. Athletes should make an effort to attend at least 75% of practices if they are going to take a spot on the team.
- Come with proper training attire. Proper footwear and athletic clothes must be worn. No athletes will participate barefoot or in socks, Crocs or sandals. All sports bras must be covered. Boys must wear a tank top or tshirt.
- Follow instructions and protocols for safety. Athletes will not attempt to use equipment they have not been given permission to use and received instructed on safety and technique eg. jumping hurdles; throwing implements
- Use club equipment properly and respectfully. Athletes will be expected to aid in cleaning up and properly storing equipment after use at practice and use it appropriately during practice.
- Speak to one another and coaches and staff in a respectful and courteous manner at all times. No coarse, obscene, or derogatory language or put-downs of others.
- Uplift and support their teammates. They are your allies in training, competition and life. If athletes are not interacting positively with each other or there is an issue with another athlete, athletes will inform a coach who will address it. Athletes will only speak about their teammates in a positive and encouraging manner in person and in any written communications or on social media.
- Approach training with a positive, growth mindset, even when the physical nature of the training may be challenging. Please keep all complaining to a minimum as it negatively affects the mindset of other athletes. Approach training with an "I can" attitude and recognize we grow from doing hard things.
- Complete the workout set by the coach, including mobility and flexibility work, but...
- Listen to your body and be mindful of your personal limitations. Inform the coach if you are injured or feeling unwell. Don't push through pain or injury that may be detrimental to your health.
- Bring your body to practice ready to perform. Properly fuel and hydrate before and after workouts
- Bring your water bottle to every practice and any medications that may be needed.
- Come prepared to sweat and have fun.
- Be positive representatives and role models for our sport, club and community.

HTFC is a drug/alcohol/tobacco-free environment. Anyone found in possession of, or using these substances, will be suspended from training.

PARENT/GUARDIAN EXPECTATIONS

- Speak to one another, coaches and athletes in a respectful and courteous manner at all times. No coarse, obscene, or derogatory language or put-downs of others.
- Uplift and support the athletes and coaches. If athletes are not interacting positively with each other or there is an issue with another athlete, you will inform a coach who will address it. Parents will please keep their communications about athletes, coaches and the club positive and encouraging. If there is an issue that arises, please talk to the head coach privately so it can be resolved in a way that maintains everyone's integrity.
- Support decisions and programming made by the coaches. We welcome thoughtful, curious questions about training that are asked in a respectful way in the spirit of learning.
- Please spectate from the stands at practice and do not enter the field of play unless there is an injury or an invitation from a coach to assist at practice. Parents/guardians that are present may be asked at times to support the coaches with set-up, timing, etc.
- Be a positive representative of our sport, club and community.
- Refrain from smoking anywhere in the vicinity of the track or athletes. Smoking is not permitted on school property where we train.

TRAVEL POLICY

Highlands Track and Field is a family-oriented recreation club. Travel to meets will NOT be provided by Highlands Track and Field and athletes are encouraged to travel with their families to support them at meets. The club will block-book hotel rooms that can be reserved independently by athletes' families. Parents/guardians may choose to make their own arrangement for their athlete to travel with another trusted teammate and family, who will be responsible for their care and wellbeing while at the meet.

Highlands Track and Field coaches will be at the meets to support athletes in their events, but will not be in charge of supervising athletes during meets. Parents/guardians of competitive athletes are expected to attend and support their athletes and others at meets and also ensure athletes are properly hydrating, fuelling, monitoring their heat and sun exposure and caring for themselves on these days.

Photography and video

- Coaches often use video as a tool for feedback to athletes on technique. These videos are for feedback only and will be deleted and not shared, unless requested by athletes or parents for their own review.
- Photographs of practices and meets may be used on occasion to promote our club. By giving consent on the HTFC registration form, you agree to allow us to use the footage we collect for sharing on social media platforms, in local news media or for promotional materials for the club.