

2021-22 KAJAKS TRACK & FIELD CLUB

MEMBERSHIP INFORMATION



KAJAKS
TRACK & FIELD CLUB

OVERVIEW

The purpose of this document is to provide current and potential members with important information about Kajaks Track & Field Club programs and how to select the right program for you and/or your athlete. We hope that you find this document useful but should you have any further questions, we encourage you to contact the Team Manager (info@kajaks.ca) or the Head Coach (headcoach@kajaks.ca) for more information. We look forward to working with you, and for those returning to the club, welcome back to the #KajaksFam!

OUR PROGRAMS

Kajaks Track & Field Club (KajaksTFC) provides three types of programs: Annual, Seasonal and Camp/Clinics. Within those types we offer programs based on an athlete's age (as of December 31st 2022). The age groupings for these programs are as follows:

Track Tykes	3-5Y
Track Rascals	6-8Y
Junior Development	9-13Y
Athlete Development	14Y+
Masters	35Y+

Track Rascals and Junior Development are identified age groups under BC Athletics (BCA), our provincial sports organization. The Athlete Development program encompasses 4 BCA age groups. These are U16, U18, U20 and Senior (20+). Masters is also a BCA age group for athletes 35 years and older. Athletes are separated into 5 year groups (example: 35 – 40 years and 40 – 45 years).

TRACK TYKES & TRACK RASCALS | 3-8Y

The KajaksTFC Track Tyke and Track Rascals programs are seasonal programs designed to give kids a fun and active experience. We use track & field focused games and activities to introduce kids to our sport. Kids in this program will learn the very basics of athletic movement like running, throwing, and jumping. The goal of this program is to give kids a fun and active start that will hopefully stick with them in the years to come. We place a high importance on a child's physical literacy and its importance in their overall development.

For schedules start dates and end dates, please see [2021-22 Training Schedule]. For membership fees, please see [2021-22 Membership Menu]. Both these sections are at the end of this document.

JUNIOR DEVELOPMENT (JD) | 9-13Y

Our Junior Development program is designed to give athletes ages 9-13 years old a gradual introduction in the sport of Track & Field and Cross Country. Training in groups based on age, athletes are introduced to the various disciplines within our sport: Sprints, Hurdles and Relays, Jumps, Throws,

Endurance & Walks. Once comfortable, athletes are encouraged to test their new skills in competition. The goal of this program is for athletes to gain a general understanding of track & field events and begin to find their focus as they transition to their next phase of athletic development. There is no prerequisite for registering for this program. We offer both annual and seasonal Junior Development programs. 2022 Junior Development age groups are as follows (based on age at December 31st 2022):

Age Group	Age	YOB
U12 / JD 9	9	2013
U12 / JD 10	10	2012
U12 / JD 11	11	2011
U14 / JD12	12	2010
U14 / JD13	13	2009

For training schedules start dates and end dates, please see [2021-22 Training Schedule]. For membership fees, please see [2021-22 Membership Menu]. Both these sections are at the end of this document.

ATHLETE DEVELOPMENT | 14Y+

The KajaksTFC Athlete Development program is the starting point for athletes who wish to hone their skills in Track & Field, Cross Country and Road Running. As mentioned above, the Athlete Development program encompasses the U16, U18, U20, U23 and Senior (20Y+) BC Athletics age groups. Similarly, this includes High School, University and High Performance levels. Within the program KajaksTFC offers a Varsity membership for athletes who train/compete for a university during the school year.

AGE GROUPS

The Athlete Development Program encompasses 4 age groups. These are BC Athletics age groups that athletes will compete in during the 2021-22 competition year. While these age groups define competition classes, athletes will often train amongst all age groups during training sessions (practices). The age group for you/your athlete is based on their age as of December 31st, 2022. They are as follows:

Age Group	Age(s)	YOB
U16	14 – 15	2008 – 2007
U18	16 – 17	2006 – 2005
U20	18 – 19	2004 – 2003
Senior	20+	2002 and older

EVENT GROUPS

Registering athletes must indicate their primary event group focus. An event group is the event(s) that you will be training for. If an athlete is new to track and field and is unsure of which event group they will focus on, they can select "Unsure" and contact the club manager (info@kajaks.ca) or head coach (headcoach@kajaks.ca) to proceed with an event tryout phase. Once they have found an event focus, they can begin training with that group. Event groups are as follows:

- Sprints, Hurdles & Jumps: Track events up to 400m + hurdle and all jumping events
- Endurance & Cross Country (XC): Track events 600m and longer + Cross Country
- Circle Throws: Shot Put, Discus Throw, Hammer Throw
- Javelin: Javelin Throw
- Combined Events: Pentathlon, Heptathlon, Octathlon and Decathlon.

Annual or Seasonal membership fees will be for your primary event group focus. If athletes wish to train in another event group, an "Add on" fee will be required. Athletes in the "Combined Events" event group will not be required to pay the additional fee as their event mandates training across all event groups. Also, for athletes registering in "Circle Throws" no additional add on fee will be required for "Javelin." For information on fees please see the [Athlete Development Membership Menu] located at the end of this document.

For schedules start dates and end dates, please see [2021-22 Training Schedule]. For membership fees, please see [2021-22 Membership Menu]. Both these sections are at the end of this document.

HIGH PERFORMANCE | 14Y+

The Kajaks Track & Field Club currently offers High Performance programs in High Jump and Circle Throws (Shot Put, Discus Throw and Hammer Throw). These programs are by invite only. Please contact the head coach at headcoach@kajaks.ca for inquiries.

MASTERS | 35Y+

The Kajaks Track & Field Club Masters program is a training and competitive program for athletes aged 35 years and older. This is an annual program with varying training days and times based on the event(s). Members can join various events groups (based on availability) and can train year round. The goal of this program is to give athletes a chance to continue their athletic endeavors while joining a great team of young-at-heart athletes.

For schedules start dates and end dates, please see [2021-22 Training Schedule]. For membership fees, please see [2021-22 Membership Menu]. Both these sections are at the end of this document.

VOLUNTEER COMMITMENT

STOP: PLEASE NOTE ALL MEMBERS WILL BE REQUIRED TO SIGN OFF THAT THEY HAVE READ AND UNDERSTAND THIS SECTION.

All members of KajaksTFC are required to commit to volunteer hours during the term of their membership. Volunteer hours can be completed by the athlete or the athlete's family. See below for number of volunteer hours required. Information on the opportunities available for completion of Volunteer hours will be shared at the beginning of each season and completed hours are to be recorded on an online tracking form. Athletes who have not completed their volunteer hours by June 1st, 2022 will be required to pay the club the fee equivalent amount for remaining hours at a rate of \$10/hour. There are many ways that members can complete their volunteer commitment. Some of these include:

- Volunteering at KajaksTFC events
- Parent volunteers at practice
- KajaksTFC Committees
- Board of Directors and Committee appointments
- And many more....

If you have any questions, or require further information, please contact our Club Manager at info@kajaks.ca.

VOLUNTEER HOURS

Please see below for required volunteer hours.

Membership	Required Volunteer Hours
Athlete Development – Annual	30
Athlete Development – Winter Intake (January)	20
Athlete Development – Spring Intake (April)	15
Junior Development – Annual	30
Junior Development – Spring Track & Field (April)	20

QUESTIONS

If you or your athlete have any questions or require more information, please contact us by email. You can contact the team manager at info@kajaks.ca or our head coach at headcoach@kajaks.ca. We look forward to having you!

2021-22 MEMBERSHIP MENU

All program membership fees include a free program/club T-Shirt. Kajaks Track and Field Club strives to provide opportunities for all athletes and their families. If membership costs present financial difficulties, please contact our club manager at info@kajaks.ca.

ANNUAL PROGRAMS	Age	Fee	Volunteer
2022 Junior Development (9-13Y)	9-13Y	\$750	30 HRS
2021-22 Athlete Development (14Y+) ¹	14Y+	\$1,200 ⁴	30 HRS
2021-22 Athlete Development – Varsity ²	19 - 23Y+	\$500	-
2021-22 Masters (35Y+)	35Y+	\$265	20 HRS

SEASONAL PROGRAMS	Age	Fee	Volunteer
2021 Track Rascals Fall Program	6-8Y	\$200	-
2021 Junior Development Cross Country (September)	9-13Y	\$200	-
2021 Junior Development Fall Track & Field (September)	9-13Y	\$200	-
2021 Athlete Development Cross Country (September)	14Y+	\$375	-
2022 Track Tykes Spring Program (Week 1)	3-5Y	\$200	-
2022 Track Tykes Spring Program (Week 2)	3-5Y	\$200	-
2022 Track Tykes Summer Program	3-5Y	\$200	-
2022 Track Rascals Winter Program	6-8Y	\$200	-
2022 Track Rascals Spring Program	6-8Y	\$200	-
2022 Track Rascals Summer Program	6-8Y	\$200	-
2022 Junior Development Winter Track & Field (January)	9-13Y	\$200	-
2022 Junior Development Spring Track & Field (April)	9-13Y	\$500	20 HRS
2022 Junior Development Fall Track & Field (September)	9-13Y	\$200	-
2022 Junior Development Cross Country (September)	9-13Y	\$200	-
2022 Athlete Development Winter Intake (January)	14Y+	\$825	20 HRS
2022 Athlete Development Spring Intake (April)	14Y+	\$625	15 HRS
2022 Athlete Development Cross Country (September)	14Y+	\$375	-

SEASONAL PROGRAMS	Age	Fee	Volunteer
2021-22 Athlete Development Secondary Event Add-on ³	14Y+	\$200	-

1. Annual Membership covers the annual program for your main/primary event group (Endurance + XC, Speed & Power, Throws).
2. Athletes must be enrolled full-time and on a team roster at a post-secondary institution to be eligible.
3. Fee only added for athletes wishing to join a secondary event group. The fee is waived for Combined Event athletes.
4. Additional fees may be required for access to indoor facilities (example: Richmond Olympic Oval)

2021-22 TRAINING SCHEDULE

Please see below for the 2021-22 KajaksTFC Training Schedule. The information below will include Program Start and End dates (some approximate), practice days/times (subject to change pending facility availability) and practice locations. Once registered, athletes will receive specific information regarding meeting locations and what to bring. Again, if you have any questions, please contact the team manager (infor@kajaks.ca) or the head coach (headcoach@kajaks.ca).

ANNUAL PROGRAMS	Program Dates	Practice Days/Times	Location
2022 Junior Development (9-13Y) ¹		see: Seasonal Programs	
2021-22 Athlete Development (14Y+)		see: Event Groups	
2021-22 Athlete Development - Varsity		see: Event Groups	
2021-22 Masters (35Y+)		Varies (contact info@kajaks.ca)	

SEASONAL PROGRAMS	Program Dates	Practice Days/Times	Location
2021 Track Rascals Fall Program	Sep 13 – Oct 18	Mon + Wed -- (5:45p – 6:45p)	Clement Track
2021 Junior Development Cross Country	Sep 14 – Oct 30	Tue (4:30p - 5:45p) + Sat (10:00a - 11:15a)	Varies
2021 Junior Development Fall Track & Field	Sep14 – Oct 29	Tue + Thu (4:45p - 6:00p)	Clement Track
2021 Athlete Development Cross Country	Sep 07 – Nov 27	Mon + Wed (4:00p – 5:30p) + Sat (10:00a – 11:30a)	Varies
2022 Track Tykes Spring Program (Week 1)	Mar 14 > Mar 18	Mon + Wed + Fri -- (10:00a - 11:00a)	Clement Track
2022 Track Tykes Spring Program (Week 2)	Mar 21 > Mar 25	Mon + Wed + Fri -- (10:00a – 11:00a)	Clement Track
2022 Track Tykes Summer Program	Jul 04 > Jul 08	Mon + Wed + Fri -- (10:00a – 11:00a)	Clement Track
2022 Track Rascals Winter Program	TBD	Mon + Wed -- (5:45p – 6:45p)	TBD (Indoor)
2022 Track Rascals Spring Program	Apr 06 - May 09	Mon + Wed -- (5:45p – 6:45p)	Clement Track

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2021-22 TRAINING SCHEDULE (CONT'D)

SEASONAL PROGRAMS (contined)	Program Dates	Practice Days/Times	Location
2022 Track Rascals Summer Program	May 16 - Jun 20	Mon + Wed -- (5:45p – 6:45p)	Clement Track
2022 Junior Development Winter Track & Field ²	Jan 11 – Mar 10	Tue + Thu (4:45p – 6pm)	Clement Track
2022 Junior Development Spring Track & Field	Mar 29 – Jul 17	Tue + Thu (4:45p – 6:15p) + Sat (10:00a – 11:30a)	Clement Track
2022 Junior Development Cross Country	Sep 13 – Oct 27	Tue (4:45p – 6:00p) + Sat (10am – 11:15am)	Varies
2022 Athlete Development Winter Intake (January)	see: Event Groups		
2022 Athlete Development Spring Intake (April)	see: Event Groups		
2022 Athlete Development Cross Country	Sep 06 - Nov 26	Mon + Wed (4:00p – 5:30p) + Sat (10:00a – 11:30a)	Varies

EVENT GROUPS	Program Dates	Practice Days/Times	Location
Endurance + XC	Sep 06 – Aug	Mon + Wed (4:00p – 5:30p) + Sat (10:00a – 11:30a)	Clement Track
Sprints, Hurdles & Jumps	Oct 01 – Aug	Tue + Thu (4:00p – 5:45p) + Sat (12:00p – 2:00p) Hurdles Monday + Friday + Saturday 11am	Clement Track
Circle Throws	Sep 21 – Aug	Mon + Tue + Thur + Fri (4:15p – 6:00p)	CTC ³
Javelin	Sep 22 – Aug	Mon + Wed + Fri (5:30p – 7:00p)	CTC
HP High Jump	Oct 09 – Sep	Days & Times vary	Clement Track

1. Annual Membership includes 2022 Winter T& F, Spring T&F, Cross Country or Fall T&F. 2022 Annual membership does not include 2021 programs.
2. Cross Country practices take place at local parks. Winter T&F takes place in local elementary school gyms. Locations will be communicated prior to start date of programs.
3. All Throwing practices take place at the CTC (Collier Throwing Center)