

PA Athletics Club

Philosophy:

The PA Athletics Club is a track club that seeks to involve the participation of athletes to train, and compete to the best of their abilities in the chosen areas of Track and Field. The club is not for profit organization and is set up for participants from ages 9 - masters level competitors.

The PA Athletics Club will provide coaching and opportunities for the participants and process registration and entries for events for the athletes. The coaches are volunteer coaches who are interested in promoting the sport of Track within the city of Prince Albert

Training:

Training for competition is necessary in order for the athlete to be able to put forth their best effort and compete to the best of their abilities. The Club will provide training sessions three times a week to facilitate this process.

Training days will be:

Run, Jump, Throw Group - Typically Ages 9-12 - 9 is min age
Sundays Only 5:00 - 6:00 pm - AJF

We are offering a program this year again for ages 9 - 12 which will take place Sunday evenings. The program is a Run/Jump/Throw program which will emphasize fun while learning track and field skills. The athletes will train with at the field house track. As well after Christmas there will be some jumps and throws sessions at JD School. Some opportunity will be available for competition if desired. Sunday practices will be at the Fieldhouse. Athletes are expected to make practice a priority, in order to improve their competency in their chosen area. There is no replacement for training for a specific event. Training will provide you with the best opportunity to do your best

Throws and Jumps Group - Usually ages 12 and up

Sundays only at JD School - Throws from 5:00-6:30 pm

High Jumps from 6:30 - 8:00 pm

Long Jump will be Sundays at AJF from 5-6 pm

Regular Group - Ages 12 and up - dependent on experience/group

Sundays 6:00 - 7:30 p.m. - Alfred Jenkins Field House

Tuesdays 5:00 - 7:00 p.m. - AJF split between groups

Thursdays 5:00 - 7:00 p.m. - AJF split between groups

See start up note below

Costs:

Costs associated with the PA Athletics club will include a registration fee of \$350.00 for the Regular group, \$200.00 for the Throws/Jumps and \$150 for RJT. The fee will provide memberships for all athletes to Saskatchewan Athletics, which is a requirement for all competition. The registration fee will also include entry fees for 2 events per meet for all club members, which are usually \$25 - \$30 per event.

In the event that there is a "no show" for an event the athlete would be responsible to reimburse the club 50% of the event fee before being eligible to compete in another meet. Exceptions to this would be unforeseen scheduling changes and/or coaches decisions based on injury or conflict of events. Any other monies will be put into upgrading our equipment and track facilities.

The club fundraiser will again this year be the CO-OP cards. Our dates are Nov 27 - Dec 6th and cards will be available before Christmas. The cards will be pre-sold by club members and a percentage of total sales will be returned to the club. This is a very painless fundraiser, as the cards are like cash throughout Western Canada. There will be a \$100 post- dated cheque required at parent meeting or before Nov 26 as guarantor of the fundraiser initiative. The cheque will be returned if fundraising goal is achieved by the member. If fundraising has not been achieved by the member, the cheque will be cashed. It is expected that all club members will participate in the fundraiser and sell \$500 in Coop Cards. Information on the CO-OP card fundraising will be provided at the Parent meeting on Nov 26th.

Not included in the fee are travel expenses or lodging costs associated with attending meets.

Meets:

Meets that the PA Athletics Club would be interested in attending include: These are possible dates,

PR First Chance	S'toon	Dec 2, 2023
Larmer Friendship Games	Regina	Dec 9, 2023
Santa Claus Throws	S'toon	Dec 16, 2023
Sanderson Classic	S'toon	Jan 12/13, 2024
Knights of Columbus	S'toon	Jan 26/27, 2024

Regina Indoor Games	Regina	Feb 9/10, 2024
Alberta Age Class Games	Edmonton	Mar 1-3, 2024
Kinsmen Indoor	S'toon	Mar 22, 23, 2024
Aboriginal Indoor Champs	S'toon	Apr 5/6, 2024
Spring Camp	S'toon	Apr 13/14, 2024

The indoor season will be a great opportunity to prepare for the outdoor season and representing your school in the various meets that take place every spring, from school meets up to and including SHSAA Provincial Track Championships which are held in June.

There are other meets outdoors throughout the spring and summer which athletes would be able to attend, including the Solstice meet and School meets, as well as inter-provincial meets during the summer months if athletes qualify to make a Saskatchewan team. Athletes who continue to compete throughout the summer will be charged a Summer fee of \$100.

The coaches involved with PA Athletics include coaches from various High Schools in the area

Coaches include: Ron Poetker, Chris Bennington, Erin Winterton, Mike Taylor, Rick Ronning, Patricia Taylor, Brandon Sawatsky, and Esther Akinjobi. Hunter Kajner, Brooke Anderson

We can always use more help, as a coach, helper or official. Clinics and assistance is available for those who wish to gain some experience.

Practice Begins Nov 21st at 6:00 pm for Regular Group - 1 hour

practices for first 5 practices, til Nov 30th - Basic Training

Practices are 1.5 hours long, beginning Dec 3rd

Practice Begins Nov 26th at 5:00 pm for RJT - 1 hour

START UP NOTES:

The first 5 sessions of practice will be 1 hour in length only as we begin our conditioning, in order to expand our practices to 1.5 hours per session. That will mean, Nov 21 - Nov 30th regular group will practice from 5:00 - 6:00 on Tues/Thurs and from 6:00-7:00 on the Sunday's.