

Q. Where can I get spikes for my Athlete?

- A. Brainsport in Saskatoon and Source for Sports will both sell spikes shoes for athletes. Brainsport will have more in stock. Spike length is 7mm on most surfaces in the province.

Q. What events should my athlete enter?

- A. Depending on age and preparation, coaches will often consult the athlete prior to a meet about events they should consider. The athletes are encouraged to try new events, but should have some training in that event prior to entering.

Q. Where do I go when I get to a meet?

- A. Usually you will enter the facility, which will be free for you as an athlete, but not your parent. In the stands, you will find your coaches, usually near the finish line area. They will have your number for the meet as well as other information for you.

Q. Where are the meets held ?

- A. Meets in Saskatoon are held in the Fieldhouse on College Drive across from the University. Meets in Regina are held in the Sportsplex facility on Elphinstone St. across from Mosaic Field.

Q. Why is there no 100m run?

- A. Because the indoor track is only 200m in length, the distances are unique. Typically 60, 150, 300 and 600metres

Q. Does my athlete need to attend all practices and meets?

- A. No, however, as a club we want to encourage our athletes to be the best they can be, however we also realize that many of you have other things going on in your life. Attendance at meets is encouraged but entirely optional. Practices make your athlete better, but circumstances may preclude you from attending all practices. The athlete should be prepared through practice to participate in meets.

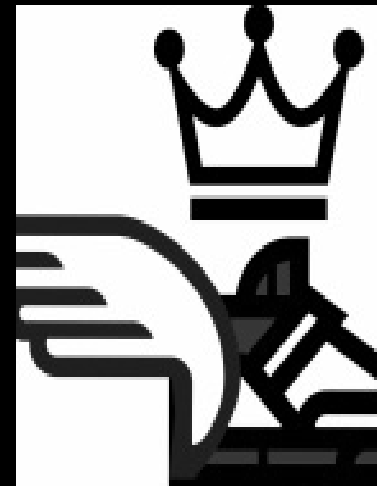
Q. What if I sign up for a meet and can't make it or miss events?

- A. Depending on circumstances, you may be asked to pay for your entry fees that have been paid on your behalf. Being sick or injured is different than just forgetting you had homework that weekend or a test on Monday.

Q. Where do I check what time my event is?

- A. Each meet will put out schedules of events. They will be online and we will forward them to you via a link or as a file. Schedules do change however so it is important to be at the track early. Schedules usually come out the Tues or Wed of the week of the meet.

PA Athletics



PA Athletics

Our Coaches:

RJT: Patricia Taylor, Rae Goodwin and helpers

Sprints: Mike Taylor, Erin Winterton,

Distance: Chris Bennington, Ron Poetker

Jumps/Throws: Rick Ronning, Patricia Taylor, Steve Hurst

Our Philosophy: In keeping with LTAD of Canada Sport, we work at FUNdamentals,, and Learning to Train with our RJT group. In the Regular group we are Training to Train and Training to Compete.

Having said that, competition is the athletes choice. We are huge on training to do our best (PB's) and working to be good teammates, good sportsmen, building leaders and enjoying the sport of track and field

Meets: There are six potential meets that the club is able to enter athletes in throughout the season. Athletes may choose to enter events at some or all or none of the meets. Coaches will help athletes decide if they are ready for competition at upcoming meets.

Coaches will also email parents with respect to upcoming meets.

PA Athletics does the athlete entries for meets. . RJT usually enter triathlon events including a run, jump and throwing event.

All PAA athletes may enter 2 events—paid by club. Additional events may be entered by athletes through the club, however will not be paid for by the club. **The first 2 events are club events.** Any No Show to a club event will require a 50% reimbursement to the club , prior to subsequent meets. Coaches decisions are exempt.

Meet registrations are usually due a week or more prior to the meet, Meet fees are \$25 or more per event. Deadlines are not flexible and there are no refunds. Please make sure your athlete is able to attend prior to signing up for the meets.

Meet events: Events for the younger ages in RJT are typically limited to Triathlons or Quads. Block are not used in starts, and at times there is no board for long jump. Typical indoor events include 60m, 150m, 600m 800m standing long jump, running long jump, high jump, shot put. A few events host triple jump for midget ages and up.

Uniforms/Singlets: Club uniforms or singlets are distributed and collected at the meets for RJT athletes. The athletes in the Regular group will receive a single to keep, which can be traded in for a larger size if outgrown.

What to Bring for Practices/ Meets:

Essentials: shoes, singlet, and shorts, also should bring warm sweat pants and sweater—dress like an athlete

Spikes are optional - all surfaces are spike compliant

Bring snacks—nutritional snacks, easily digested

Money—if you forgot snacks or need a lunch

Timepiece—a watch or cellphone to monitor time

Great Attitude—Cheer on your teammates, support and encourage others and be a good sportsman, shake hands of competition and officials.

Your best performance :)

Do Not Bring - Energy Drinks, heavy food, i.e. pop, chips, greasy food, candy

Arrive early: For meets, an hour before your event is not to early. It allows you to find your coach, your number, singlet, warm up and prepare to compete. Arriving 10 minutes before practice also allows you to get the most out of the practice

Accommodations for Meets: PA Athletics will usually reserve blocks of rooms for meets in Regina and Edmonton. Parents will be expected to accompany RJT athletes to events. Athletes in the regular group may be sent with club coaches and they will be roomed with other athletes. Accommodation costs and travel costs are responsibility of athlete/parents.