

**February 2024.**



## LEDUC TRACK PARENT HANDBOOK

### **Who is Leduc Track?**

Leduc Track was founded in 1979 by John Bole and incorporated in 1982. We have a long history of success with athletes from our club who are consistently selected for Provincial and National teams. We have sent athletes to the National Junior and Senior Championships, Commonwealth Games, Francophone Games, World Youth, Junior and Cross Country Championships. Many of our athletes are offered scholarships to attend Canadian & US Colleges/Universities. To this date our athletes have received a combined total of 3 million dollars in scholarships!

We offer optimum competitive opportunities for ALL athletes regardless of age and ability. Grade 9 - 12 athletes participate in the Simplot Games in Idaho annually. Qualified high school athletes attend the Arcadia Invitational Meet every April in California. Athletes have opportunities to travel to competitions throughout the province and Western Canada.

Our club's philosophy has always been to develop athletes of all levels and abilities, to their highest potential by providing certified coaching, fundamental training and competition opportunities throughout Alberta and beyond.

## **Coaches:**

Leduc Track is fortunate to have loyal and dedicated coaches who commit their time to the development of lifelong athletes.

**John Bole:** Founder and Head Coach for 40+ years. We are so lucky to have our founder on the track with us today. You will see Coach Bole at every meet cheering his athletes on from the sidelines. He knows every PB and goal for all of our athletes and pushes them to reach for club standards. He has a quiet demeanor that commands respect and hard work and we thank him for it.

**Jennifer Zawaski -Dellezay:** Coach Jenn is a former Leduc Track athlete and collegiate 800m runner. Jenn received a scholarship and her university degree in Occupational Therapy at the University of West Virginia and came back to Alberta to start her career and family. Jenn's knowledge is vast and she always has the athletes best interests at heart.

**Darren Dellezay:** Coach Darren is the other half of the Dellezay coaching power couple. Darren competed in the Decathlon while attending university in West Virginia and is currently a multi event master's athlete. We are so fortunate to have a kind and knowledgeable field coach on our team.

**Adam Knee:** Coach Adam started out with Leduc Track as a parent who was active in many recreational sports and joined our coaching team a few years ago. He has been a welcomed addition to the Club and has an incredibly supportive and positive approach.

**Candace Fairclough-Jones:** Candace joined the administration side of our team in 2023. As a former varsity track athlete, she understands the ins and outs of our sport and works behind the scenes to keep our operations running smoothly. Contact Candace with any questions pertaining to meet registrations, memberships and operations.

## **Track Seasons:**

**There are 3 Track seasons in one year.**

### **Indoor:**

Our indoor season runs from November - Late March. We train two days a week, on Mondays and Wednesdays. Practices are held at The Leduc Recreation Centre and Leduc Composite High School.

The Leduc Track Club competes in indoor meets in Edmonton, and Calgary. High school aged athletes who qualify also have the opportunity to travel to Pocatello, Idaho to compete in the Simplot Games.

### **Outdoor:**

Leduc Tracks outdoor training season runs from early April - late August (depending on weather). We train at the John Bole Athletic Park located next to the Leduc Composite High School on Mondays and Wednesdays at 7:00pm – 8:15pm

The Leduc Track Club competes in meets in and around the Edmonton and Calgary areas. Qualified high school aged athletes can compete in the Arcadia Invitational Meet in California.

### **Cross Country:**

Our cross country season starts up in early September and runs until early November. We train at John Bole Athletic Park and Aileen Faller Park on Mondays and Wednesdays later in the season. The Leduc Track Club competes in cross country meets in and around the Edmonton and Calgary areas.

### **Practices:**

Leduc Track Athletes train for approx. 1 hour, twice a week (Monday and Wednesday evenings) with some additional practices on Saturdays. Our indoor practices are held at the Leduc Recreation Centre indoor track, outdoor and cross

country seasons are at the John Bole Athletic Park. The standard practice start time is 7:00pm.

## **How do I know when a practice has been cancelled?**

While training outside for the outdoor and cross country seasons, we can find ourselves in the midst of inclement weather. Please watch Team Snap closely for alerts if the weather turns during a practice. Coaches will ask that parents stay close by if a thunderstorm or lightning is approaching.

## **Volunteer requirements and Bingos:**

One of the ways we maintain a low cost at Leduc track is by working bingos and hosting meets. When you sign up for a full year membership with the club you are required to work 12 bingos a year (1 per month). As a member of Leduc Track please arrive at the bingo hall on time, complete the entire shift and perform your task to the best of your ability. If you are unable to attend a shift, please notify our bingo coordinators 48hrs in advance. A \$200.00 fee is charged for no shows and last minute cancellations. For annual, full year members, there is an option to payout your Bingo duties at a cost of \$1200.00 for the year. This option is only available in November when full year memberships are renewed. Select board positions replace the requirement to work bingos. If you are interested in this option, please speak to a board member prior to our Annual General Meeting in November.

We also ask that you fulfill volunteer positions at each of our 3 club hosted meets. Indoor: Klondike Relays, (3 shifts) Outdoor Leduc track Classic (2 shifts) and Cross Country (1 shift): John Bole Classic (October). Missed or unattended volunteer shifts will incur a \$50.00 fee per shift.

## **Meet Registration:**

Meet registration links will be shared via team snap. Please pay close attention to the registration deadline. Should you ask to register after the specified date and time, you will be charged the late fee the club must pay for late entries. Scratch fees for reasons other than illness or injury will be invoiced to the family.

## **When should I arrive at a track meet?**

We ask that the athletes arrive 45 min prior to their first scheduled event. This allows you time to get settled, get your bib number from your coach, and warm up. During the outdoor season look for the yellow Leduc Track tent on the field to find your team and coaches. During indoor meets coaches will usually delegate a meeting spot for the team.

## **What Do I Bring to a track Meet?**

Running Shoes/ spikes, water bottle, Leduc track singlet, sweater/hoodie, snacks, sunscreen, hat, rain gear, toque, mitts, headband, band aids, hair elastics, shorts to run in, sweatpants, socks. For long meet days, many families bring coolers with packed lunches, snacks and extra water.

## **Where do I find Results?**

Results are usually posted on a results board at each meet. You can also find local meet results on The Ellis Timing or Trackie.ca websites. Other meets often provide QR codes to scan for live results or information on the event website.

## **Meet your Leduc Track Board of Directors**

President: Jill MacLean                      email: [jill@rjm.cc](mailto:jill@rjm.cc)

Vice President: Michelle Johnston

Treasurer: Jolene Hearn

Secretary: Joanna Cathcart

Bingo Coordinator(s): Naomi Drebert, Amy Keller

Travel Coordinator: Christina Omoyayi

Fundraising Coordinator: Amber Brown Volunteer

Coordinator: Michelle Johnston

## **Team Snap:**

Club communications, scheduling, roster and contacts, invoicing, and meet registrations is done through Team Snap. You can access this site online or by using the app. We request all members to utilize the app as, it is our primary method of correspondence.

## **Club Registration/How are the fees allocated?**

Your 500.00/year track fees and bingo requirements go towards: facility rentals for practices, event registrations (approx. \$25.00 per event, per athlete, per meet) coach fees, club events, and equipment. Please note that club registrations fees are **non-refundable** and you are required to fulfill your bingo requirements should you decide not to commit or continue with the team. (for example: 3 months of attendance requires 3 bingos.)

Please note that all members of Leduc Track must also purchase an Athletics Alberta membership. The membership provides the athlete with insurance and access to meet registrations. We are unable to register a child in a meet without an Athletics Alberta number.

## **Fundraising:**

We offer various fundraising opportunities for our members to participate in. Online 50/50, Flip Give shopping website which gives a % back to Leduc Track, and Corporate Sponsorship for meet events. Other opportunities are bottle drives and a pub night with silent auction. Please watch for more information from our Fundraising Coordinator.

## **Travel**

Our Team often travels to Calgary and area for meets in all three track seasons. There is an opportunity for athletes in grade 9 or higher to attend The Simplot games in Pocatello, Idaho in February and Legion Nationals in our outdoor season, which is held in a select city in Canada. Hotel blocks are often booked for the club with booking links to reserve a room. Watch for notification via Team Snap and email.

## **What is a PB and what are standards?**

PB: Stands for Personal Best

Seed Time: Your personal best in the event in the corresponding season. The seed time can be used to place athletes in competitive heats.

Standards: Leduc track Posts records and Standards on our website. Athletes are encouraged to reach for the standards as they are awarded for achieving them at our annual AGM.

## **How do I purchase Leduc Track Merchandise and SWAG?**

<HTTPS://LEDUCTRACKCLUB.ENTRIPYSHOPS.COM/>

Race singlets are purchased from the club manager and are to be worn at every competition. Current cost is \$40.00

## **Schedule of Events:**

Our club schedule is posted in Team Snap. You can also find the meet schedule for Alberta on the Athletics Alberta web page:

<HTTPS://ATHLETICALBERTA.COM/EVENTS/>

## **I have a friend who wants to try track. What do I tell them?**

Please speak to one of the coaches if you have a friend or family member interested in coming out to **one** of our practices. A waiver will need to be signed by the parent. Please remember that our starting age is 8yrs old with some exceptions granted by the coaching staff.

## **I'd like to get more involved in Leduc Track. How do I do that?**

Please reach out to our club president, coaches or manager to discuss various ways you can give back to this wonderful organization. We hold our Annual General Meeting and Awards night each year in November. Board of Directors positions are up for nomination at this time and are a 2 year term. The Board meets on average every 6 weeks for 90min to discuss operations, events, and planning.