



### WELCOME

Welcome to the Vancouver Thunderbirds Track and Field Club! Please read the first four pages before filling out the registration form. As we continue to grow, we constantly examine the ways in which we can better serve our membership. This handbook is designed to help streamline questions you might have, and to give you some pertinent information. Please keep it handy throughout the year, and feel free to send an email with suggestions for next year's handbook.

*This document was last revised on September 11, 2019.*

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Graeme Fell	Head Junior Development Coach, Longest Day Race Director	(604) 266-8879	<a href="mailto:runnergraeme@gmail.com">runnergraeme@gmail.com</a>
Laurier Primeau	Head Coach, Director	(604) 897-0212	<a href="mailto:laurier.primeau@ubc.ca">laurier.primeau@ubc.ca</a>
John Gay	Club Manager	1+(250) 575-2377	<a href="mailto:john@thunderbirdstrack.org">john@thunderbirdstrack.org</a>
Chris Johnson	Head of Endurance Coach, Director	(604) 818-5317	<a href="mailto:cjohnson@thunderbirdstrack.org">cjohnson@thunderbirdstrack.org</a>
Cindy Crowther	Intermediate Endurance Head Coach	(604) 999-2086	<a href="mailto:cindy@thunderbirdstrack.org">cindy@thunderbirdstrack.org</a>
Andrew Cooke	Intermediate Power/Speed Events & Masters Power/Speed Coach	(604) 868-2221	<a href="mailto:cooke@thunderbirdstrack.org">cooke@thunderbirdstrack.org</a>
Jennifer Carrique	Assistant P/S Coach	1+(519) 588-5591	<a href="mailto:jenny@thunderbirdstrack.org">jenny@thunderbirdstrack.org</a>
Larry Blaschuk	Jumps Coach, Director	(604) 873-4205	<a href="mailto:lblaschuk1@thunderbirdstrack.org">lblaschuk1@thunderbirdstrack.org</a>
Don Allemeersch	Head Throws Coach (JD-Masters)	(778) 998-4515	<a href="mailto:dallemeersch07@gmail.com">dallemeersch07@gmail.com</a>
Bill Fisher	Head Pole Vault Coach	(604) 874-3044	<a href="mailto:w.d.fisher-arch@telus.net">w.d.fisher-arch@telus.net</a>
Sean Dawson	Assistant Endurance Coach	(604) 221-8719	<a href="mailto:sdawson@wpga.ca">sdawson@wpga.ca</a>
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### CLUB COMMUNICATION

Club information is disseminated in a number of ways. It is important to be aware of our communication methods so that you remain up to date.

1. Annual or bi-annual mail-outs: Information pertaining to the Annual General Meeting, the club banquet, and other pieces of news that are important for parents to know, but that athletes might not otherwise pass on.
2. Our website: An excellent source of club news, structure, scheduling and philosophy. Please look us up at [www.thunderbirdstrack.org](http://www.thunderbirdstrack.org). We try to include all results on the site, and there are some excellent track and field links to sites in BC and around the world.
3. Club emails: Things can change after the practice and meet schedules have been posted to the website and it is sometimes necessary for us to send out club emails informing members of the alteration. Email is also a good method for us to seek meet entry requests and to ask for volunteer service when we have upcoming club events.

Email has occasionally been a point of communication breakdown because we have only the athlete email address, and parents are left without current information. This registration form asks for both parent and athlete email addresses – please ensure that both are listed. On occasion you may receive duplicate emails from different staff. We apologize for this, but it is occasionally necessary to ensure that we contact all athletes.

### THUNDERBIRD PROGRAM OFFERINGS

The Vancouver Thunderbirds offer something for everyone. We espouse three philosophies, depending on the age of our members.

**GRADE 7 AND UNDER:** For this age group we are a community based, grassroots track and field club that encourages athletes to try new events, improve ones that they are already good at, and to participate in many activities outside of our sport. Cross Country programs are offered from September to November. Indoor conditioning practices run from December to Spring Break, and outdoor track begins in March. The club emphasizes that at this age specialization and personal training is strongly discouraged. Sometimes it is the young athlete who is requesting the additional training, and it is up to the parent to hold the athlete back rather than risk ‘burnout’ by ‘giving them what they want’. Performance is not the focus of this age group, and studies show that successful performance for athletes grade 7 and younger has virtually no correlation to success at older ages. The purpose of the practices for this age group is to develop basic competency in each event so that they may have a more fulfilling experience at track and field meets. Training locations include: Vancouver (UBC) and Burnaby (Swangard Stadium).

**GRADE 8 – 10:** We are a provincially recognized club that splits its training groups into endurance and power/speed categories at this intermediate level. Practice times and days vary depending on the event group. At this age group we place an emphasis on fun and participation, coupled with the potential for highly competitive provincial and national competitions. There is opportunity to represent regional teams and for team travel. It is important to consult the coaches about the events in which you want to participate and the practice times that are appropriate for your events. More specific training is available at this age group, and athletes tend to start to focus on one or two event groups (i.e. jumps and sprints, or middle and long distance).

**UPPER HIGH SCHOOL, UNIVERSITY AND OPEN:** Highly specialized training regimes, periodization and year-round training have helped to put our athletes on teams that travel throughout North America, Europe, South America and Asia. These athletes aspire to the pinnacle of the sport. Consultation and planning with the Thunderbirds’ coaches is required at this level. While not all our athletes in this age group are elite, it is expected that athletes of all abilities are highly committed to training and competing.

**Masters Track and Field 35+:** Provides training and competitive opportunities for athletes who are moving or have moved from mainstream high performance competition to the LTAD stage of Active for Life. Thunderbirds Masters Track and Field specializes on Power Speed Events for both competitive (competing) and non competitive athletes.



### CLUB EXPECTATIONS

#### PARENT EXPECTATIONS

The Vancouver Thunderbirds has become recognized at the National level. A major reason for this is the strength of our parent volunteer base. Without you, coaches would be required to put greater energy into administration and less time into coaching itself. As such, the Executive expects that parents can be called upon for assistance at a minimum of two club functions per year. The more we can share the workload, the easier for all, and the more coaching your children can receive.

Further to the volunteer expectations, the Vancouver Thunderbirds emphasizes to parents that your children participate in track and field for their enjoyment – not yours – and we expect that parents will be active in espousing the philosophy of pressure-free participation at the junior development level for young athletes.

Sometimes the source of pressure is from athletes themselves (not the parents), and it is important for parents to support the club philosophy that athletes in grade 7 and under do not seek specific personal training – it is better to leave a young athlete wanting more track and field experience than to give them too much.

#### ATHLETE EXPECTATIONS

Our expectations for attendance at practice are based on the Long Term Athlete Development Model. Coaches would like to see athletes at most practices, but there are no ‘cuts’ for absences. While we are here to help athletes improve, the coaching staff understands that children have many activities. There is, however, a strong correlation between attendance and athletic improvement. For more information on attendance, consult your coach – there are different expectations for different age groups. For example, at the ‘grade 11 and over’ age group, the correlation between practicing and improving becomes stronger, and the principle of training specificity is an important ingredient for success. Therefore, the expectations at this age group are more rigid than they are for our junior development athletes.

At all competitions, it is expected that club members will wear the Vancouver Thunderbirds singlet. Other pieces of clothing can be purchased, however only the singlet is mandatory. For sizing and cost and inquiries about other track and field garments, please visit our website at [www.thunderbirdstrack.org/new-products](http://www.thunderbirdstrack.org/new-products)

Behavioral expectations include: appropriate use of language; enthusiastic participation in all practice activities when in attendance; respect for other athletes’ right to learn and participate, respect for coaches’ efforts and directions; and respect for oneself.

#### COACH EXPECTATIONS

Parents and athletes can expect that coaches will provide a safe environment for athletes in which to train. Further, coach conduct is governed by the same rules as athlete behavioral expectations ( read above). All Vancouver Thunderbird coaches are subject to provincial and national criminal records checks, as mandated by our governing provincial body.

#### CLUB EXPECTATIONS

The Vancouver Thunderbirds continues to expand, and as we grow we revisit and enhance our athlete support policy. In addition to what the club provides, we are on an ongoing search for funding in the community for club athletes. The funding policy does not apply to any athlete who leaves the club before the end of the membership year, nor to athletes who have received a membership discount or are seasonal members. The current policy provides for athletes to receive the following: (see page 4).

Age Group Coaching	Coaching Days Offered	BC Age Group Championships	National Age Group Championships
13 & Younger	4 / week	Up to 4 events paid	
14 – 17 years	4 – 5 / week	Up to 3 events paid*	



18 – 19 years	5 – 6 / week	Up to 3 events paid	Entry fee paid*
20+ years	5 – 6 / week	Up to 3 events paid	Entry fee paid*
35+ Masters	2-3 days / week	n/a	n/a

- If athletes do not make a provincial team but do make the meet entry standard and choose to attend the National Age Group Championships as a club member, The Vancouver Thunderbirds will pay the entry fee.
- Athletes who have not committed to the volunteer efforts of the club will relinquish their right to club funding.

### **ATHLETE MEET ENTRIES (NEW!)**

Aside from Provincial and National Championships (JD-Intermediate) listed above, athletes/parents are responsible for their own meet registrations. Notifications and reminders for meet entries will be sent out by the athletes individual coach, however Thunderbirds are not responsible for purchasing or placing meet registrations or late fees.



### Vancouver Thunderbirds Track and Field Club 2018/2019 Membership Form

Application Date : \_\_\_\_\_

\_\_\_\_\_  
Last Name:                      First Name:                      Date of Birth (dd/mm/yy)                      Gender

Renewing BCA Member: \_\_\_ - \_\_\_\_\_                      New BCA Member : \_\_\_\_\_

Res. Phone: ( ) \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Other: ( ) \_\_\_\_\_

Parent Email (if under 19): \_\_\_\_\_

Athlete Email: \_\_\_\_\_ Country of Birth: \_\_\_\_\_

Citizenship + date of landed immigrant status if applicable:  
\_\_\_\_\_

Address: \_\_\_\_\_

Street

City

Province

Postal Code:

Type of BC Athletics Membership for which you are applying: *\*Please circle appropriate membership*

*Athlete:                      JD                      Youth                      Junior                      Senior                      Training (Non Compete)*

*\*Note Masters athletes must register for their own BCA # within 10 days of club registration. Visit <http://www.bcathletics.org/Clubs/Membership/> for more information. Once registered, please provide BCA # to the club manager: [john@thunderbirdstrack.org](mailto:john@thunderbirdstrack.org)*



### Vancouver Thunderbirds Membership and Fee Structure (Ages as of Dec. 31 st in membership year)

Age	CLUB MEMBERSHIPS – RENEWING AND NEW	BCA Included?	FEE (incl. tax)	Fill In
8-15	2019/20 Track & Cross Country Seasons (JD & Midget)	Yes	\$628.57	
16-17	2019/20 Track & Cross Country Seasons (Youth)	Yes	\$728.10	
18-19	2019/20 Track & Cross Country Seasons (Junior)	Yes	\$728.10	
20+	2019/20 Track & Cross Country Seasons (Senior)	Yes	\$728.10	
Varsity (University)	Post Varsity Track Season (May 1 – Dec. 31)	Yes	\$345	
35+ Masters	Oct 2019 - December 2020	No	\$450	
	DISCOUNTS: Sibling Discount (applied to second membership of FULL YEAR memberships only)		(\$50)	
	DEPOSIT Separate cheque dated 9/30/2019 – destroyed with 5 hours volunteer work (max. \$150 per family) <i>See below for mailing details</i>		\$75	
	<b>Total Amount Paid:</b>			\$ _____

I hereby apply for membership in the Thunderbirds Track and Field Club as an active member and as such am committed to committing in all fundraising activities that the club undertakes:

Date: \_\_\_\_\_ Signature of Applicant: \_\_\_\_\_

(Guardian signature if under 19)



**VOLUNTEER WORK** The club relies on the following events to raise money. Parents of athletes 17 and under and athletes 18 and over, please indicate a minimum of two events that you are willing to commit to:

1. \_\_\_ Annual Banquet and Silent Auction, September 20, 2019.
2. \_\_\_ Annual Manure & Soil Sale, Flyer Delivery First Weeks of February. Deliveries February 28, 2020. Mandatory for all athletes, but parent help is required ( WE REALLY NEED HELP HERE).
3. \_\_\_ Longest Day 10k Road Race, On The UBC Campus, June 2020.
4. \_\_\_ Harry Jerome International Track Classic, June 2020.

**IMPORTANT:** The track club compiles a contact list of its members that includes athletes' names, phone numbers and email addresses only. This list will be sent to members so that they may contact other athletes for transportation and social purposes. We WILL NOT include you on this list unless we have your approval. Please initial (guardian initial if under 19 if you wish to be included in our contact list).

**Initial** \_\_\_\_\_

The Vancouver Thunderbirds Track and Field Club invites you to stay connected with us. With Canada's new anti-spam legislation that came into effect on July 1, 2014, we want to make sure that our email /electronic communications continue to be welcomed. The information we send out is of importance to our membership and not of a commercial nature, and includes information on club affairs, on upcoming club events and meets, changes to practice times, etc., all of which are necessary and part of the normal day-to-day operations of the club. Please indicate below if you wish to be included in these mail outs:

**Initial** \_\_\_\_\_

**Vancouver Thunderbirds Track and Field Club Waiver Clause:**

In consideration of your accepting my child's application for membership in the Vancouver Thunderbird Track and Field Club (the "Club"), I forever release and discharge the Club, its directors, officers, coaches, employees and agents (collectively) the 'participants' from any and all actions, damages, claims, demands, costs and expenses whatsoever which might arise by reason of traveling to or from or participating in training session or competitions whether or not incurred by the negligence of a Participant, and I agree to indemnify and save harmless the Participants, their personal representatives, successors and assignees, against and from all damages, claims, demands, costs and expenses which may hereafter be brought or made against them by or on behalf of myself/my child because of travelling to or from or participating in training sessions or competitions whether or not incurred by the negligence or any of the Participants, except to the extent and amount covered by accident or liability insurance or both.

Date: \_\_\_\_\_ Signature of Applicant: \_\_\_\_\_

(Guardian signature if under 19)

**Parental Authorization for Medical Treatment**

As the parent or guardian of the named athlete on this membership form, I authorize an adult representative of Vancouver Thunderbirds Track and Field Club to act in my place if I cannot be located, to provide consent for medical or surgical treatment the named athlete on this membership form for any condition which in a medical practitioner's opinion would

Date: \_\_\_\_\_ Signature of Applicant: \_\_\_\_\_

(Guardian signature if under 19)

**Medical History**

BC Care Card # (If out of province, please indicate i.e. ON # \_\_\_\_\_)

Family Physician: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_

Emergency Contact name & telephone #: \_\_\_\_\_

Do you use contact lenses? \_\_\_\_\_

Specify injuries: \_\_\_\_\_

Check if you have ever suffered any of the following:

Allergies ( Specify) \_\_\_\_\_

Diabetes \_\_\_\_\_ Heart Disease \_\_\_\_\_ Recurring Headaches \_\_\_\_\_

Seizures \_\_\_\_\_ Blackouts \_\_\_\_\_ Chest Pain \_\_\_\_\_

Other illness or surgery : \_\_\_\_\_

List any other illness/injury which may affect you from participating in T&F: \_\_\_\_\_

Cheques payable to "Vancouver Thunderbirds". Return completed membership application forms (pg. 5-7) to [john@thunderbirdstrack.org](mailto:john@thunderbirdstrack.org) and mail both cheques to:

**Vancouver Thunderbirds ATT: NIGEL HOLE**

**614 - 384 E 1st Ave Vancouver, BC V5T 0G5**

\*For additional information please contact John at 1+250-575-2377 [john@thunderbirdstrack.org](mailto:john@thunderbirdstrack.org)