

LANGLEY MUSTANGS TRACK & FIELD BLUE LEVEL REGISTRATION 2008

Overview for BLUE Training Group

BC Athletics "Athlete Development Model" identifies, starting in the early teen age years, as key for those interested in becoming a more serious track and field athlete. These athletes need to receive more intense coaching and training with the end goal of achieving excellence in their chosen events. The Model identifies "training how to train" as the key element to be addressed in this age group- learning to set goals and the training disciplines necessary to reach those goals

Our Level Blue is designed for these athletes aged 13-17 (age as of December 31, 2008). Together, they will form a training group. This group, as a focus, will be preparing athletes for provincial championships, BC Summer Games (14 and 15 year olds), and national level championships.

Level Blue begins in January and runs through the end of the competing season in late July. Starting in January, these athletes are expected to begin training 3 times per week helping to prepare them for the upcoming season (Exceptions can be made for athletes required to attend practice for other sports team's commitment). Starting in early March, practices will be 4 days/week- twice a week technical, once a week Speed and Power, and once Core Strength development. For those training with their high schools, the Head Coach will assess their training needs with the Mustangs during the High School season.

To qualify for this level, athletes will need agreement from the Head Coach. Generally speaking, the following standards for Level Blue are as follows:

- Age 13-17
- Competed for at least 1 year in sanctioned BC Athletics Meets (for first year athletes, the track the Head Coach will assess their readiness)
- Committed to the goal of training for high performance
- Commit to regularly attend practice times
- Notify coaches if practice will be missed
- Attend key meets as determined by coaches including provincial and national meets
- Follow individually programmed training regimen laid out by the coaches
- Compete in qualification meet for BC Summer Games (14-15 year olds)
- Compete in their appropriate Provincial Championships

It is also expected that parents of BLUE training group athletes will

- commit to the practice and meet schedule as developed by the Head Coach
- be willing to assist where able, with small additional duties that may arise to help make this training group successful (i.e. phoning, carpooling to meets and training sessions outside of Langley, organizational duties)

Application Form

DECLARATION: (Must be signed by parent or guardian)

I have read the information on membership and agree with the terms as set down.
I would like my child to become a member of the Langley Mustangs BLUE training Group

Signed _____ Date _____

Event Specific Information

Please list the events you have the intention to compete in this season plus your corresponding PB

Event	Personal Best Performance

Athlete's Last Name _____ First Name _____

Address _____ Postal Code _____

Home Telephone _____ Cell Telephone _____

Parent's email _____ Athlete's email _____

Members Date of Birth (YY/MM/DD) _____ M/F _____ Grade _____

School Attending _____ BC Athletics # _____

Mother's Name _____ Work Phone _____

Father's Name _____ Work Phone _____

Emergency Contact _____ Phone _____

Care Card Number _____

Family Physician _____ Phone _____

Please note any health problem, physical handicap, emotional difficulty, behaviour problem, or other factors that may limit full participation in the Langley Mustangs.

List any medications, prescription or over-the-counter, taken on a regular basis. Note dosages and medication scheduling.

In case of an emergency, I hereby give permission to the physician selected by the coaches/officials of the Langley Mustangs to provide the necessary treatment for my child.

The responsibility of Sport Safety must be shared by all. I the undersigned am aware there is certain risk of injury involved in my own or my child's participation in sport, either while travelling to or from the event, or while attending or participating in the programs or activities of the events which are sanctioned/approved by the Langley Mustangs Track & Field Club. It is understood that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk or injury by so participating.

Parent/Guardian Signature _____ Date _____
Sport Safety Acknowledgement of Risk

Registration and Information: please return to Brent Dolfo brent_dolfo@yahoo.ca (h) 604 533-0453, (c) 604 505-0453

Please enclose the following with this application:

- Completed and signed club membership form, the Athlete Code of Conduct Guidelines and BC Athletics Application form.
- One cheque payable to the Langley Mustangs to cover club membership fee, and BC Athletics fee
- \$200 Volunteer Cheque (to be returned after volunteer commitment at Mustangs Meet is fulfilled)

Membership Cancellation Policy:

If you wish to cancel your membership in Langley Mustangs Track and Field Club within the first 2 weeks of membership a full refund will be granted. The BC Athletics membership is non-refundable.

One cheque to cover above fees

BC Athletics membership is mandatory for Club Membership. The form is available from:
<http://www.bcathletics.org/indmemapp.pdf>

FEES

CATEGORY	AGE GROUP	SEASON FEE	BC ATHLETICS FEE	TOTAL DUE
BLUE GROUP	13-15	\$375.00	\$55.00 (13-15)	\$430.00
	16-17	\$375	\$74.20 (16-17)	\$449.20

Athlete Code of Conduct Guidelines

1. Athletes should remember they are representing themselves, their parents and their Club. As goodwill ambassadors you will be asked to act with integrity, dignity and within the spirit of good sportsmanship at all times both in and out of competition. Swearing, foul language, coarse joking will not be tolerated.
2. Athletes must show respect for their team members, other team members, officials and their decisions, coaches, club executive, volunteers, spectators, etc.
3. Although track and field is an individual sport, the concept of providing leadership in the "CLUB" is important (i.e. watching other Club members compete and encouraging them). Older, more experienced athletes are expected to provide role models for younger members.
4. No tobacco, alcohol or illegal drug substance may be brought into or consumed during any club activities, training, or meets. Athletes shall report all injuries sustained in training or in competition to coaching staff.
5. Under no circumstances will a Mustang athlete use an illegal Performance Enhancing drug. Not only is the use of such substances cheating, but doing so could lead to serious health problems or death. .

IT IS UNDERSTOOD THAT AN ATHLETE MAY BE BANNED OR SUSPENDED FROM THE CLUB AND FUTURE COMPETITIONS IF APPROPRIATE CONDUCT IS NOT FOLLOWED.

I confirm that I have read, understand and agree to abide by this Code of Conduct.

➤ _____

Signature (athlete)

Date

➤ _____

Parent /Guardian

Date