

LANGLEY MUSTANGS TRACK & FIELD GOLD LEVEL REGISTRATION 2009-10

Overview for GOLD Group- Kim Chapdelaine- Director and Coach

From the age of fifteen, athletes need to receive more intense technical coaching as well as aerobic and strength training with the end goal of achieving excellence in their chosen events. The Athletic Development Model identifies “training how to compete” as the key elements to be built upon in this age group as well as learning to set goals and the training disciplines necessary to reach those goals

Our Gold Level is designed for these athletes aged 15-19 (age as of December 31, 2009). Together, they will form a training group. This group, as a focus, will be preparing athletes to excel at the provincial and national level.

The Gold Level begins in mid September with two weeks of Hill Camp, weight training, core strength and adds pool training and runs through the end of the competing season in late July. Athletes are expected to dedicate themselves for the upcoming season. By mid-October athletes will be training six days per week.

To qualify for this level, athletes will need agreement from Kim Chapdelaine. It is a privilege to be a part of this team. Therefore, as a member of this team you will abide by the certain rules and regulations this will help us build a better team together. **Good athletes make for good performances, Good people make good teams, good teams win championships.** Any athlete failing to commit and follow the guidelines stated below will automatically be suspended from all team functions and privileges. The following standards for Gold Level are as follows:

- Age 15-19
- Has competed in High School and sanctioned BC Athletics Meets (some exceptions can be made)
- Committed to the goal of training for high performance
- Commit to attend all practice times except when cleared previously with Coach
- Attend key meets as determined by coaches including provincial and national meets
- Follow individually programmed training regimen laid out by the coaches
- Participate in all fundraising and promotional events.
- MUST conduct yourself with the utmost professionalism, integrity and understand that you are a mentor for the younger athletes.
- MUST adhere to the B.C. athletics code of conduct. There will be zero tolerance for drugs, alcohol or any substance abuse. This is grounds for immediate dismissal from this program.

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

- commit to the practice and meet schedule as developed by the Head Coach
- be involved with ALL promotional and fundraising activities
- volunteer at both Langley Mustangs sponsored meets (April and June)

- be willing to assist where able, 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 GOLD 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 _____

Registration and Information: please return to Kim Chapdelaine coachkim39@hotmail.com

Please enclose the following with this application:

- Completed and signed club membership form, the Athlete Code of Conduct Guidelines and BC Athletics Application form, Langley Mustangs Track and Field Athlete Contract.
- Cheque payable to the Langley Mustangs to cover club coaching fee, and BC Athletics fee
- \$200 Volunteer Cheque (to be returned after volunteer commitment 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.

BC Athletics membership is mandatory for Club Membership. The form is available from:

<http://www.bcathletics.org/indmemapp.pdf>

Coaching Club Fees

CATEGORY	AGE GROUP	COACHING FEE	BC ATHLETICS FEE	TOTAL DUE
GOLD GROUP	14-15	\$ 1000	\$50.00 (15)	\$550
	16-17	\$ 1000	\$73.50 (16-17)	\$573.50
	18-19	\$ 1000	\$84.00 (18-19)	\$584.00
Athletes can pay either \$100/month (Sept-June) or \$500 Sept 15 th , and Jan. 15th				

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



Langley Mustang Track and Field Athlete Contract:

It is above all a privilege to be a part of the Langley Mustang High Performance program. Therefore, as a member of this team you will need to abide by certain rules and regulations that will help us build a better team together. **Good Athletes Make For Good Performances, Good People Make Good Teams. Good Teams Win Championships.**

Any athlete failing to commit and follow the guidelines stated below will be automatically suspended from the team functions and privileges.

- 1) **Club fees and must be paid by Sept 15th before stepping on the track for training.**
- 2) **Any athlete missing two workouts or more without notifying the coach will be suspended.**
- 3) **As a member of the team you represent yourself, your family, and your track team. Always act in a way that will not compromise your status with the team and the image you project.**
- 4) **Coaches expect you will train and compete with the utmost effort and to do the best of your ability.**
- 5) **All athletes will participate in all fundraising and promotional events.**
- 6) **All personal, athletic, and academic conflicts should be reported to the coach. By doing so you will almost always avoid damages of a negative nature. Help us to help you!!**
- 7) **All injuries regardless of their nature must be immediately reported to the coach. Treatments must be performed by an authorized medical person.**
- 8) **We ask that you conduct yourself with the utmost professionalism, integrity and understand that you are a mentor for the younger athletes.**
- 9) **All athletes MUST adhere to the B.C. athletics code of conduct. There will be zero tolerance for drugs, alcohol or any substance abuse. This is grounds for immediate dismissal from this program.**

I will commit myself to providing a positive training environment, where we will foster an atmosphere of camaraderie and family prevail.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Coaches Signature _____ Date _____