

Para-Athletics Program Information and Registration Form

For Ages 9 and older

In partnership with BC Blind Sports, BC Athletics, Sportability (Cerebral Palsy), BC Wheelchair Sports, and Athletics Canada, the Langley Mustangs are, for the first time, pioneering a Para-athletics program within the fabric of its able-bodied club. All athletes with a physical disability are welcome to participate.

Philosophically, the Langley Mustangs' Para-Athletics program, will integrate athletes with a disability with able-bodied athletes allowing them chance to train and compete together. Adaptations will be made based upon the athlete's needs so para-athletes have the opportunity to both enjoy their track and field experience and excel to the best of their abilities.

Mustang coaches, for the past 6 years, have had experience in coaching and making adaptations for current Canadian National Para-team member Braedon Dolfo, who is visually impaired. He competes for the club in the sprints, jumps and throws.

At the elementary age level, the Mustangs will provide technical coaching and overall conditioning rotating athletes through the major track and field disciplines over the 2 regular training days: jumps, middle distance, throws, and sprints. Adaptations will be made based upon the athlete's needs. Training sessions will be held Tuesdays and Thursdays at the track at MacLeod Athletic Park. For the elementary age, practices start in mid-March continuing through our meet in mid-June. Coaching from both junior and senior coaches, will focus on skill development. Specialization will occur with the older athletes.



At the elementary level, for Para-athletes wishing to compete, they will be encouraged to choose, where appropriate, a run, jump and throw event at the able-bodied meets they attend. All club sanctioned meets are in the Lower Mainland and hosted by various clubs.

For those athletes who will compete in the BC Junior Development Championships, there will be additional practices through to mid-July.

For High School aged para-athletes and older, training begins in either September or November, depending on the training group. The season runs through the BC Club Championships in mid-July. Typically, the training sessions will be 4 times per week varying from work on the track to conditioning and core strength development. It is expected that para-athletes, at this level will be competing at meets around the Lower Mainland. Opportunities exist, for those who qualify, to be selected to attend Athletics Canada training camps and championship meets.

For National or International Level para-athletes, training is year round.



APPLICATION

Please enclose the following with this application:

- Completed and signed club membership form, the Athlete Code of Conduct Guidelines
- If not already a member, please send the disability group registration into the appropriate group (see links below)
 - http://www.sportabilitybc.ca/files/SportAbility_Membership_Form.pdf
 - http://www.bcblindsports.bc.ca/graphic/administration/member_form.htm
 - <http://www.bcwheelchairsports.com/about/index/memindex.htm>
- Complete the BC Athletics Application form (which is mandatory for membership)
 - <http://www.bcathletics.org/indmemapp.pdf>
- One cheque payable to the Langley Mustangs to cover club membership fee, and BC Athletics fee, and uniform fee (see fee structure below)
- \$50 Fund Raising Cheque (to be returned after fundraising commitment is fulfilled)
- \$200 Volunteer Cheque (to be returned after volunteer commitment at Mustangs Meet is fulfilled)
- If first year with the Club, we required a photocopy of your child's government issued ID that indicates date and year of birth.
- An addition \$35 fee for a uniform for all those who need one

FEES

CATEGORY	AGE GROUP	SEASON FEE	BC ATHLETICS FEE	TOTAL DUE
ELEMENTARY AGE GROUP	9-13	\$200.00 GREEN	\$60.00 (9-13)	\$260.00
		\$250.00 RED	\$60.00 (9-13)	\$310.00
			\$67.20 (14-15)	
SILVER GROUP (high school aged)	13-15	\$500.00	\$67.20 (1)	\$550.00
	16-17	\$500.00	\$89.20(16-17)	\$574.50
GOLD/POST SECONDARY GROUP	16-21	\$1000		
	22(+)	\$1000		

"Fundraising: each athlete is expected to contribute a minimum of \$50 through fundraising activities organized by the Mustangs coaching and executive. All monies raised will go towards the purchase and maintenance of equipment."

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 a Langley Mustangs training Group. Please circle the appropriate group.

GREEN RED SILVER GOLD

Signed _____ Date _____

Athlete's Last Name _____ First Name _____

Address _____ Postal Code _____

Home Telephone _____ Cell _____

Parent's email _____ Athlete's email _____

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

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, disability, emotional, 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.

Has your son or daughter being officially classified by either BC Blind Sports, Sportability or BC Wheelchair Sports? _____ If so, what is their official para-classification? _____

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 _____

Registrations can be Mailed to:

Langley Mustangs:
c/o Sarah Champoux – Registrar
Box 1733
Aldergrove, B.C.
V4W 2V1
(604) 626 8648

Membership Cancellation Policy:

If you wish to cancel your membership in Langley Mustangs Track and Field Club within the first 3 weeks of membership a full refund will be granted. The BC Athletics membership is non-refundable.

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