



# ***TRACK & FIELD***

**London Western Track and Field Club  
-2019 Member's Handbook-**

## **Welcome to London Western!**

Thanks for joining us. LWTF has a long history, dating back to 1970. Originally started as a training environment for Western University athletes during the summer, we are now a full-service club offering coaching for all event groups from elementary school kids to post-collegiate Olympians! It is a unique environment where kids just getting started in the sport may find themselves training alongside a national champion. This handbook is a guideline to help you navigate your way through the many programs we offer, events we host and general club operating procedures.

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## Club Communication

Most official club communication is done via email. In an effort to maintain privacy, all mass club communication will utilize the “bcc” option when emailing groups. For general inquiries about club operation, you should contact the manager. For questions about practices, meets and anything training related, you should contact your coach. Should you have any concerns about anything, please contact the appropriate person in the club executive, based on your concern. Privacy will be respected in all situations. We now have a new app that we would like all members to download, it can be found here... <https://londonwestern.teamapp.com/>. It is highly recommended that you join our Facebook group. Our Facebook group is closed to the public and is for internal communication only.

Here are the links to our various social media platforms...

Facebook Group <https://www.facebook.com/groups/160035077353612/>)

Twitter: @Londonwesterntf

Instagram: @Londonwesterntf

We would appreciate you following all of our social media accounts.

Our website, [www.londonwesterntfc.com](http://www.londonwesterntfc.com), is also a valuable resource for information. News releases, program info and an online store for purchasing club clothing can be found there.

## Programs Offered

### *Junior Development: 7-10yrs, 11-13yrs*

This program exposes kids to all event disciplines in the sport; endurance, sprints, hurdles, jumps and throws. The overall improvement in your child's athleticism will benefit all sports they participate in. Our goal is to expose kids to a sport that is the foundation for all other activities, and we strongly encourage kids to participate in other sports, as well. Specializing in a sport at this age is counter to the Long Term Athlete Development Model in which our club is driven by. 11-13yr old athletes will have local and regional competition opportunities.

### *High School: 14-18yrs (includes Grade 8's)*

This program is the next step beyond our JD program. Special consideration may be given to grade 7 kids after consultation with the coach. They must be physically and mentally mature enough to work in with the high school group. This is a rare occurrence.

Athletes still learning the basics of track and field may find themselves training alongside an aspiring national team member. It's a unique training environment managed by top-level coaches. As you get older and more developed as an athlete, programming and periodization play a larger role in your training. Athletes from this group compete at local, regional and national meets. Some may reach international-level competition. At this level, athletes will choose between Endurance (800m+) and Power/Speed (sprints, jumps, throws). Within the Power/Speed group, further specialization in a particular event area may occur.

### *Varsity/Post-Collegiate:*

Athletes currently in USport or NCAA will have their spring and summer training/competition plan managed by Western University coaches. After consultation regarding your goals for the season and heading back to school in September, your program will be created and individualized. Discussion with your current school coach may be part of that consultation. We also offer post-collegiate programming for athletes continuing their athletic careers with an emphasis on national and international competition.



## **Competition Schedule**

There are plenty of competitive opportunities available throughout the year, both indoors and outdoors. Below is a list of meets that the club tends to compete at, but there may be other meets that your coach wants you to compete in. Please communicate with your coach for other potential meets. Dates and locations of meets can be found in the calendar on our website, once that info is available, which is generally late November for indoor meets and March for outdoor meets.

### **CROSS COUNTRY**

AO XC Championships: Mid-November

National XC Championships: End of November

### **INDOOR**

Don Wright All-Comers: January

AO Combined Events and Prep Meet: February

AO Youth/Senior Provincial Championships: February

AO Bantam/Midget/Junior Provincial Championships: March

## **OUTDOOR**

Bob Vigars Classic: London in May (Host club)

SWO Field Series: 3 meets in London (Host club)

Great Lakes League: 4 meets in London and surrounding area. (Host club for London)

AO Junior/Senior Provincials

London Distance Series

AO Bantam/Midget/Youth Provincials

Legion District A Meet

Junior and Senior National Championships

Youth National Championships

Dates and locations of most of these meets change, unless noted above. Most meets are on a weekend. Some are 1 day; others are 2+. Additional competitive opportunities may be available. Consult with your coach.

## **Meet Entry/Travel**

Our new membership model offers All-Inclusive and A-la-carte memberships. All-Inclusive members will have all meet entry fees paid for, as well as the admin support for doing your entries. A-la-carte members will be responsible for entering themselves, as well as paying for your entry. Contact the club manager for help on how to do this. Communicate with your coach regarding entering meets. Each coach sends their entries to the club manager, who then officially enters athletes into the meet. With regards to travel, the club arranges accommodation and transportation for all athletes attending Youth National Championships. Junior and Senior Nationals travel and accommodation is the responsibility of the athlete, due to many athletes having their own plan. However, we do block off hotel rooms for members to book, so we can all stay together. Local and regional meets are the responsibility of the parents and we strongly encourage car-pooling. This includes meets as far as Toronto, Niagara and Windsor. That said, we never want lack of travel options to get in the way of a member competing, so reach out to your coach or the club, if a ride is needed. For AO Provincial Championships, the location will determine whether the club will make travel arrangements. For example, should AO's be held in Ottawa, the club would consider arranging group travel and accommodations. Traveling together is a great time to bond with your fellow club members, and feel more like a team. Ask any athlete that's been on a group trip and they'll tell you they enjoyed it. Traveling with the club is not mandatory, but encouraged when available.

## **Volunteering**

Volunteers are an integral part of the success of our club and our sport. Each athlete and/or parent is expected to volunteer at a minimum of 2 events per year. In previous years, we have required a \$200 deposit that was held until volunteer commitments were met. That requirement has stopped, as we feel our members will still support our initiatives without fear of being out an additional \$200. There are plenty of opportunities to volunteer throughout the year and they are listed below. Club management will reach out to you when it is time to sign up for each.

### Great Lakes League Indoor Meets

\*Forest City Mustang Invitational (Major HS meet @ the end of April)

\*Bob Vigars Track Classic (High Performance Meet in mid-May)

SWO Field Series Meets (3 smaller track meets in June and July)

Great Lakes League Meet (Track meet in June)

AGM/Awards Gala – (End of November/Beginning of December)

\* Indicates major event and requires up to 80 volunteers.

## Fundraising Initiatives

Raising funds is an integral part of a non-profit organization. In an effort to control the rising costs of memberships, we must create fundraising initiatives that are both financially lucrative, yet limiting in using our human resources (YOU). We realize how valuable your time is, and we already host plenty of events that require your time and manual labour. Below is a new initiative that the club has started.

*Explore London Card* – This is a custom-designed discount card to be sold to the general public. The cards are sold for \$20 each and you keep the money, as a way to decrease the cost of your membership. These cards are included in All-Inclusive memberships. Should you wish to purchase some as an A-la-carte member, or you've run out of cards, you can buy them off of the club for \$10. That leaves you with \$10 in your pocket for every card sold! Cards will be valid for 1 full calendar year (Jan-Dec). These cards make excellent Christmas gifts, so we'll make sure they are available for the holiday season. All members receive 1 card with their membership and it will say MEMBER on the card. The MEMBER cards offer even better deals at some of our retail partners.



## **AGM/AWARDS GALA**

Transparency is important. We feel the awards gala is a good place to present where we stand financially and update members on operations, but the main focus of the evening is to celebrate our athletes' accomplishments for the year. Annual awards are presented, dinner served and we have guest appearances, as well as draw prizes. This evening is held in early December at Sunningdale Golf and Country Club and there is a small fee to help offset the costs. Non-members (anyone other than parents) are welcome to attend, but they will pay the full cost of the ticket.

## **FINANCIAL AID**

Although track and field continues to be one of the most economical sports to participate in, there still may be a need to help offset the cost of a London Western membership. If you feel you require assistance, there are multiple options. KidSport and Jumpstart are 2 programs that provide financial aid to families for organized sport. More details can be found on our website. Please inform us prior to applying to either of those organizations. Those that qualify for KidSport or Jumpstart will automatically qualify for additional assistance from the club. If you do not qualify for the above programs, you may fill out an application for assistance directly from us. Athletes receiving financial aid will receive the full benefits of being an A-la-carte member. Priority will be given to eligible athletes that fit 1 or more of following criteria...

1. Member of a multi-child family and/or living in a single-parent household.
2. Family/Parent receiving assistance from any other program (documentation required)

Application available for download under RESOURCES on our website.

## **HIGH PERFORMANCE FUND**

Elite athletes have additional expenses beyond the average club athlete. Professional services, personal equipment and travel costs to higher quality competitions, which are often outside of Canada, all add up. The club has created a fund to help offset those costs. Money is accessed through an application process and deadlines will be announced well in advance. A sub-committee of board members will review applications. To qualify for this funding, you must meet the following criteria...

1. Be 16 years of age, or older
2. Ranked top 5 in Canada as a youth or junior in previous season. Confirmed on AC Rankings.
3. Ranked top 10 in Canada as a senior in previous season. Confirmed on AC Rankings.
4. Be a fully paid and up to date member of the club.
5. Must not be carded or receiving Quest for Gold

Application available for download under RESOURCES on our website.