

Valley Royals Track and Field Club

To: Parents / Guardians of Junior Development Athletes

From: Trevor Wight, Head Coach of Junior Development

Re: 2018 Track and Field Season

March 15th, 2018

Greetings Track and Field Parents,

My name is Trevor Wight. I am head coach of the Valley Royal's junior development program. I would like to welcome you to the 2018 track and field season. Please take a few minutes to read about our program and what to expect from this coming season.

Program Philosophy:

In our program, having fun and promoting a life-long love of physically activity are first and foremost. Through having fun, young athletes will learn a broad base of foundational running, jumping and throwing skills. Creating this diverse athletic background enhances a young athlete's ability to excel at whichever event(s) or sport(s) he or she may ultimately decide to focus on, and further helps to prevent injury and mental burn-out as an athlete matures.

It's important to understand that junior development athletes are far too young to specialize on any one event or sport. More information about long term athletic development is available through the Canada Sport for Life (CS4L) program. Please visit: <http://canadiansportforlife.ca/ltad-stages/>

Expectations of Athletes:

Royals athletes will be expected to conduct themselves as ambassadors for their club and their sport, always demonstrating good sportsmanship, a positive attitude, and respect for other athletes, their coaches, parents and officials.

Practice Schedule:

Practices will be Mondays, Wednesdays and Thursdays from 5:45pm to 7:15pm. Practices will start on Monday, April 9th and run through until Wednesday, July 25th. There will be no practices on statutory holidays. We will meet at the track shed of Rotary Stadium (in the south-east corner of the track) at Exhibition Park in Abbotsford. Please ensure that you pick up your son or daughter on time.

From time to time, the track complex may be unavailable because of special events. If this is the case, we will arrange an alternate training venue and advise you of the change via email well in advance. Practice days and times will remain the same.

Parent Information Meeting:

On Monday, April 9th, we will cut our first practice short to allow for an info meeting / Q&A session for parents. Will we meet at the track shed. The session will run from 6:45 – 7:15.

Track Meet Schedule:

Please note these dates on your calendars. Detailed schedules for each meet will be made available as we get closer to the specific dates.

Meet:	Date:	Location:
Vaisakhi Meet	April 15 th	Abbotsford
13th Annual Eagle Classic	May 12 th	Maple Ridge
Jesse Bent Memorial	June 10 th & 11 th	Coquitlam
Langley Pacific Invitational	June 16-18 th	Langley
Universal Meet	June 30 / July 1	Surrey
Trevor Craven Memorial	July 7 th & 8 th	New Westminster
B.C. J.D. Championships	July 27 th -29 th	Kelowna

About Meets/ competing:

For JD athletes, competition should be seen as **a fun, extension of training**. Some kids may choose to compete a lot, some not at all. Parents – please know and monitor your kids – it’s better for them to compete less and leave them wanting to do more, than to compete too much and end up mentally/physically burned-out.

What athletes will need to bring:

Athletes will need good running shoes, warm clothes and/or rain gear as we will be training / competing regardless of the weather conditions. Athletes should have a water bottle with them each day to ensure proper hydration. Track “spikes” or cleats are highly recommended and even mandatory for some events at competitions. “The Running Room” is an excellent place to buy spikes locally and will usually give discounts to Royals athletes when asked. Spikes can also be purchased online from a variety of sites. Spikes are usually much cheaper in the United States.

Typically, I advise that spikes should be ½ size smaller than an athlete’s normal shoe size - e.g.- if your daughter normally wears a size 6 in her regular shoes, she should wear a size 5 ½ for spikes.

Fees, Forms, Entries etc.

Christa McAuley is the club administrator. Please refer all administrative details or questions to her at dcmcauley@hotmail.ca

About Your Coach:

A long time Valley Royals member, I have been involved in track in field for most of my life. I competed throughout school, university, as an adult, and now as a master’s athlete. I’ve coached high school track and field locally for the past fifteen years. This is my fourth year as head coach of the junior development program. I owe much of the

success I've had in life to my involvement in this sport. As such, I am passionate about giving back to young athletes.

I look forward to coaching your son or daughter this season.

Warmest Regards,

Trevor Wight,
Head Coach of Junior Development,
Valley Royals Track and Field Club