

**Valley Royals Track and Field Club**  
**To: Athletes and/or Parents/Guardians of Athletes**  
**From: Trevor Wight, Power / Speed Coach**  
**Re: 2019-2020 Track and Field Season**

October 3, 2019

Greetings Athletes and Parents,

My name is Trevor Wight. I am the Valley Royal's power / speed coach. I would like to welcome you to the 2019-2020 track and field season. Please take a few minutes to read about our program and what to expect from this coming season.

**Program Philosophy:**

Promoting a life-long love of sport and physical activity is our program's foremost priority. We follow the long-term athletic development strategies as outlined by the Canada Sport for Life (CS4L) program. Athletes in our group are in the "train to train", "train to compete", "train to win" and "active for life" stages. For more information, please visit: <http://canadiansportforlife.ca/ltad-stages/>. Training will be both holistic and specific, but always with the long-term best interests of the athlete in mind.

**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 their teammates, competitors, parents, volunteers, and officials. Older athletes in this group are expected to set a positive example for the younger athletes through their work-ethic, words and actions.

**Practices:**

From October through March, practices will be Mondays, Wednesdays and Thursdays from 4:00pm - 5:00pm. Most of our fall/winter training will happen at or near the Yale / A.R.C. complex. Our locations will vary from month to month, session to session depending on our planned activities and to some extent, the weather. Athletes will be updated each month as venues change. Times will remain the same.

**Locations for October:**

**Mondays and Thursdays: Meet at the north-east corner of the Yale track.**

**Wednesdays: Meet at the south parking lot of McMillan Elementary (just off McMillan Road in between the school and Champlain Crescent).** We will be running hills on the adjacent pathway and training at the nearby Everett Park.

Come springtime, we will transition over to Rotary stadium for the duration of the competitive season. Practice times and days will likely change during this segment. We will provide as much advanced notice as possible. Please note that there will be no practices on statutory holidays or during school winter and spring breaks. Athletes will be given workouts to do on their own for these days.

**Track Meets:**

Dates for competitions will be determined as soon as the 2020 schedule is finalized by B.C. Athletics, likely in January.

**What athletes will need to bring:**

Athletes will need good running shoes, warm clothes and/or rain gear as we will often be training outdoors even in cool and wet conditions. Athletes should have a water bottle with them each day to ensure proper hydration.

**Club Fees, Meet Entries etc.**

Christa McAuley is the club administrator. Please refer all administrative details or questions to her at [dcmauley@hotmail.ca](mailto:dcmauley@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've competed in track and field throughout school, university, as an adult, and now as a master's athlete. I've coached high school track and field in the Fraser Valley since 2004. Further, over the past few years, I've also coached junior development-aged athletes through masters. 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 athletes of all ages.

I look forward to coaching with the Valley Royals this season.

Warmest Regards,

Trevor Wight,  
Power / Speed Coach  
Valley Royals Track and Field Club