



Valley Royals Track and Field Club
To: Athletes and/or Parents/Guardians of Athletes
From: Trevor Wight, Power / Speed Coach
Re: 2021-2022 Track and Field Season

Greetings Athletes and Parents,

For those of you who don't know me, my name is Trevor Wight. I am the Valley Royals' head coach and coach of the power / speed group. I would like to welcome you to the 2021-2022 track and field season. Please take a few minutes to read about our program and what to expect from this coming season. **All athletes and parents – please check your email regularly to stay up to date.**

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. I would encourage everyone to familiarize themselves with long-term athletic development: <https://sportforlife.ca/wp-content/uploads/2019/06/Long-Term-Development-in-Sport-and-Physical-Activity-3.0.pdf> 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, coaches, competitors, parents, volunteers, and officials. Even though most track and field events are individual in nature, we are still very much a team. Athletes are expected to contribute to the team by always giving their best effort and having a good attitude. ***Older athletes in this group are expected to set a positive example for the younger athletes through their work-ethic, words, and actions.*** Athletes who do not meet these expectations may lose their membership at the discretion of the coach and board of directors.

COVID-19:

We will continue to follow all COVID safety regulations as mandated by BC Athletics, the governing body for track and field in the province. For now, please stay home if you are sick, and maintain physical distancing from other athletes while at practice. No sharing of water bottles.

Practice Days /Times:

Mondays, Wednesdays, Thursdays, 3:50pm-5:20pm

Practice Location:

Rotary Stadium. Meet at the track shed in the south-east corner of the track.

Track Meets:

Dates for competitions will be determined as soon as the 2022 schedule is finalized by B.C. Athletics. Again, this will largely depend on the COVID-19 situation.

Strength Training:

During the first week, I will be sending out age-appropriate, athlete-specific strength-training programs for athletes to follow on their own on days when we don't practice together. We will discuss in detail at practice.

What athletes will need to bring:

Athletes will need good running shoes, track spikes, warm clothes and/or rain gear as we will 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 dcmcauley@hotmail.ca . You cannot train without having paid your fees as you will not be insured.

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 masters 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,
Head Coach, Power / Speed Coach
Valley Royals Track and Field Club