



**UNIVERSAL ATHLETICS CLUB  
MEMBER INFORMATION HANDBOOK**

Updated 2019

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## WELCOME

Universal Athletics is happy to welcome you, either as a returning or a new member.

**Universal Athletics Club (UAC)** is registered under the BC Societies Act, BC Athletics, and Athletics Canada. UAC is a community oriented, voluntary, professionally coached, non-profit, competitive Athletics Club for ages 6 and older.

### Universal Athletics Club Information

- **Our outdoor track and field training location is at Bear Creek Park 13750 88<sup>th</sup> Ave. Surrey.**
- Indoor training during the winter months is based at BC Prep, 15358 67 Ave Unit 107, Surrey
- Cross Country and fitness training are done at Watershed Park, 64<sup>th</sup> and 120<sup>th</sup> Delta.
- The Universal Track and Field Meet is held annually on or about the last weekend in June, first weekend in July at Bear Creek Park.

Club website: <http://www.universalathletics.ca>

Social Media Programs: <http://www.universalathletics.ca/media.html>

Contact phone number: 604.763.4232

Contact emails: Head Coach Jessie Dosanjh, [unisports2000@hotmail.com](mailto:unisports2000@hotmail.com)  
Club President Sue Kydd, [suekydd50@gmail.com](mailto:suekydd50@gmail.com)

Mailing address: Universal Athletics Club  
19618 41a Ave. Langley, BC V3A 2Z6

## HISTORY OF UNIVERSAL ATHLETICS

Universal Athletics Club was founded by the three Dosanjh Brothers, Pavitar, Jessie, and Kulwant. The family came from India, where they were all outstanding national athletes, and they brought their passion for the sport to Canada. Their long term goal was to start a club which would provide athletes training in the sport of Athletics.

This dream became a reality in 2000 when a Senior Indian National Coach, Joginder Singh Tiger arrived in Canada, and became the first coach of the club. The first practice had three athletes and 20 observers! Although Coach Tiger has now retired, he is honoured as a guide and leader. Many other coaches and athletes are now testament to the vision of a dedicated group.

UAC quickly developed into a provincially well known and respected Club, and currently provides a nurturing environment for all ages interested in fitness and sport. UAC supports athletes to compete at their personal best, from novice youngsters to those at an International level.

## GUIDING PRINCIPLES

Universal Athletics will provide the following opportunity for athletes:

- Introduce fun and creative programs for basic skill development (running, jumping, and throwing programs)
- Help develop a positive self- image
- Develop and improve fitness level
- Reduce anti-social behaviour
- Develop a sense of community and support for athletes and families
- An opportunity to compete locally, provincially, nationally and internationally
- To create an opportunity to achieve excellence in the sport of Track and Field

***Athletes and families are representing Universal Athletics at all times;  
They are expected to show respect and conduct themselves  
in a manner to be a credit to their Club.***

## Long Term Athlete Development (LTAD)

Amateur Sports in Canada are moving towards a new development model that looks at developing athletes over a longer time frame. Over the years there have been many studies asking what keeps young people in sport and what drives them out. From those studies LTAD was developed.

Put into the simplest of terms, the LTAD philosophy tries to move athletes through their development stages at their own speed. This means that as the athlete matures both physically and mentally they move to the next level. For instance, competition should not be introduced to children at too young an age. We've all heard of the teenage athlete who is burnt out at age 15 because they've been doing a single sport for 10 years.

The pressure young athletes have been put under in the past may be too much for the child. Your child may be the fastest in their class at sports day, but when they get to a track meet all of a sudden the added pressure of a "Real" race might just mentally cause them much grief. LTAD is a system that hopefully will cut down on the number of these instances in sport.

Every child is unique, but they all thrive on praise and reinforcement. We at Universal Athletics believe strongly in PERSONAL BEST and want to support each individual athlete as they find fun and develop confidence in their abilities.

Universal Athletics is committed to LTAD and to the long-term development of athletes. It is our hope that all our athletes will be life-long athletes and participate in sport into their senior years. Doing their best and learning to working hard at sport is UAC's major goal for their athletes

For complete information on the Long Term Athlete Development program and what the different stages of development are for athletes, please visit this web site. [canadiansportforlife.ca](http://canadiansportforlife.ca)

The sport of Track and Field has many goals, the following are a sample of directions an athlete may strive toward.

The following programs UAC offers will start athletes on the road to a lifetime of sport.

# Descriptions of Age Groups

## TRACK RASCALS

### AGES 6 TO 8 YEARS

Universal Athletics Club offers a comprehensive fundamental athletic training program to begin teaching young children agility, balance, coordination and speed. Following the program allows young athletes to incorporate physical activity as an essential component of their daily routine throughout life. This program is an introduction to structure in their daily play without the stress of competition.

**LOCATION:** Outside at Bear Creek Park.

**SCHEDULE:** Training is available two days per week from March through end of season.

**EVENTS:** Some Track and Field Meets will have non-scored, non-competitive events for this age group.

**Rascals = FUN!**

## JUNIOR DEVELOPMENT, (JD's)

### AGES 9 TO 13 YEARS

Building on the initial Little Track Rascals training program, Junior Development offers the Universal athlete the chance to begin technical training for competition in a wide variety of track and field events offered by BC Athletics. Physical development is continued. Additionally, the athlete is trained in running, jumping, and throwing events to see where their specific talents lie.

**LOCATION:** Outdoors at Bear Creek Park, March through end of season  
Indoors at BC Prep January and February

**SCHEDULE:** Outdoors 3 times a week. Indoor 2 times a week

**COMPETITION OPPORTUNITIES:** Athletes at this stage will be given the opportunity by their coaches to enter into specific competitive events where the athlete has the opportunity to learn how to compete and represent the Universal Athletic Club at Sanctioned Track Meets both in Cross Country and Track & Field events.

## Under 16, (U16)

### AGES 14 TO 15 YEARS

At this stage formal weight training is introduced to help the athlete develop general strength. Planned training and competition modeling is introduced, and the program becomes more structured with a defined taper and peak in the season. This requires ongoing individual evaluation and modification by the coaches. Introduction to event area specific training begins at this time. Protocols are developed to identify the athlete's specific strengths and weaknesses. Event area specialization occurs.

**LOCATION:** Outdoors at Bear Creek Park  
Indoors at BC Prep.

**SCHEDULE:** Training is three to four days per week from September to July.

**COMPETITION OPPORTUNITIES:** Athletes in the Midget category continue to learn how to train and compete at a higher level. They are introduced to trying out for teams and making standard. The BC Summer Games are held every 2 years and teams are made up of athletes from “Zones” as laid out by the BC Games. For more information about the BC Games [Click Here](#)

15 year olds who make standard may be invited to join the BC Team that will travel to the Canadian Legion Championships. The “Legions” are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## Under 18 (U18)

### AGES 16 TO 17 YEARS

At this stage formal weight training is introduced to help the athlete develop general strength. Planned training and competition modeling is continued, and the program becomes more structured with a defined taper and peak in the season. This requires ongoing individual evaluation and modification by the coaches. Introduction to event area specific training begins at this time. Protocols are developed to identify the athlete's specific strengths and weaknesses. Event area specialization occurs.

**LOCATION:** Outdoors at Bear Creek Park.  
Indoors at BC Prep.

**SCHEDULE:** Training is three to four days per week from September to July.

**COMPETITION OPPORTUNITIES:** Youth athletes who make standard may be invited to join the BC Team that will travel to the Canadian Legion Championships. The “Legions” are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## Under 20, (U20)

### AGES 18 TO 19 YEARS

Strenuous training continues at this stage, with the coaches actively working to help the athlete exceed his or her ability through enhancement of strengths and continual improvement on weaknesses. Event specialization continues.

**LOCATION:** Outdoors at Bear Creek Park  
Indoors at BC Prep

**SCHEDULE:** Training is five to six sessions per week from September to July.

**COMPETITION OPPORTUNITIES:** Junior athletes who make standard may be invited to join the BC Team that will travel to the Canadian National Championships. Championships are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets and 18 year olds for their High School in school meets. UAC encourages athletes to be part of their High School team but warn them about over training. Communicating High School training/competing schedule with your club coaches is highly encouraged.

## Open

### AGES 20 to 34 YEARS

Strenuous training continues at this stage, with the coaches actively working to help the athlete exceed his or her ability through enhancement of strengths and continual improvement. Event specialization continues.

**LOCATION:** Outdoors at Bear Creek Park  
Indoors at BC Prep

**SCHEDULE:** Training is six to nine sessions per week from September to July.

**COMPETITION OPPORTUNITIES:** Senior athletes who make standard may be invited to join the BC Team that will travel to the Canadian National Championships. Championships are held every year somewhere in Canada. Athletes in this category represent and compete for UAC at club meets

## MASTER

Training Plans for masters (ages 35+) are individually created

# Responsibilities of Athletes and Parents

## ATHLETES

- Practice the value of teamwork, pride, and dedication
- Show good sportsmanship towards other athletes and respect for officials and coaches.
- Remember to say thanks and shake the hand of officials at the conclusion of competition.
- Be regular and punctual for practice. Always do your best.
- Notify the coaches of any injury, illness, or any other special consideration
- Respect the decisions made by club officials and coaches
- Put maximum effort into each training session.
- Keep a record of personal performances
- To participate in all meets sponsored by UAC
- Athletes are expected to follow the BC Athletics Code of Conduct

## PARENTS AND FAMILY

- Provide a loving and supportive environment and be a positive role model
- Respect the decisions made by club officials
- Support the club organizers and coaches in every way possible.
- Assist the coaches at training sessions and at the local competitions
- Provide and promote a healthy lifestyle in the home
- Provide competitive opportunities to athletes at the appropriate levels
- Encourage athletes to focus on personal best, competitions, goals, and expectations
- Be respectful of all BCA Officials. Show them appreciation with your thanks
- Assist with the annual Universal Track and Field Meet
- Families are expected to follow the BC Athletics Volunteer and Spectator Code Of Conduct

## UAC Track and Field Meet

The Universal Track and Field Meet is held the first weekend in July every year, usually coinciding with Canada Day. Our meet is a respected and well attended event and requires volunteer help from all families and athletes.

We are very honoured and fortunate to have the support of the many knowledgeable BC Athletics Officials, who will ensure the rules are fully followed, and that the competition is fair and safe. These dedicated individuals volunteer their time to our sport and deserve our great thanks and gratitude.

You will be assigned a duty and expected to help throughout the weekend. You will NOT be put in charge of any event but will be there to help the BCA Official in other capacities. For example, you might be assigned to help put the bar back up at the high jump. Or to rake a long jump pit, deliver paperwork from the start line to the finish line, deliver food and drinks, or walk groups of athletes from the ACC to the start line.

This is the only volunteer requirement asked of you throughout the year.

UAC has a provincial reputation for volunteer excellence, and we know our members are willing to support our Club through hosting hospitality.

## Track and Field Questions and Answers

Newcomers to Track and Field may find they have many questions and need information to make their athletics experience a positive one.

Please know there are many people that will be happy to help you, and be sure to ask, either at practice, at meets, by email or phone.

Some of these UAC members will be at most meets:

|                            |                                |
|----------------------------|--------------------------------|
| <b>Jessie Dosanjh</b>      | Head Coach                     |
| <b>Jasmine Gill</b>        | JD Coach                       |
| <b>Komi Chandi</b>         | JD Coach                       |
| <b>Gagan Nijjar</b>        | JD Coach                       |
| <b>Jonelle Bell Spence</b> | JD Coach                       |
| <b>Luca Molinari</b>       | Throws Coach                   |
| <b>Sue Kydd</b>            | BCA Official /UAC Board member |

**The following Q&A's may answer some of your questions:**

### **How do I get UAC Information?**

A database of email addresses will provide ongoing information and announcements to registered members. Be sure you are on the list! Sign up for the newsletter on our web site on the "Member Info" page. Coaches will contact registered members via WhatsApp so make sure they have your email address.

### **Will I get a uniform?**

A competition singlet will be issued from the Club, with a refundable deposit of 50.00. Athletes are expected to wear the UAC singlet at all club competitions.

UAC jackets/track suits can be ordered through the Club. Check out the "Store" under Member Info on the UAC website

### **What is a track meet?**

A track meet is a one, two, or three-day event that takes place rain or shine at a stadium or outdoor track. Meets are usually at the home venue of the club or school hosting the meet.

The host will send out details about the meet to UAC in advance and will post it on their website. UAC will then send back information on the club athletes competing in the meet.

### **What is a track event?**

Any event that takes place on the track surface is a track event. This includes sprints, hurdles, middle distance, distance, relays, race walks and steeplechase.

### **What is a field event?**

A field event is any event that takes place off the track but in areas surrounding the track, such as throws and jumps. Events such as javelin, discus, shot put, hammer, long jump, high jump, triple jump, and pole vault are considered field events.

### **Can I compete in every event?**

The events for which you are eligible are determined by your age. Check with your coach.

### **What is a Personal Best (PB)?**

A Personal Best is the time, height or distance of your very best performance. It is important to keep a record of all your performances, and especially to know what your PB is for each of your events. Individual improvement is the goal; athletes need to compete against their last performance and try to improve on their last performance.

### **How do I know my performance result?**

Results will be posted at each meet. Be sure to check your result, and if you have questions, ask your coach or a UAC representative. As well, results can be found on the host club website within a day or two of the conclusion of the meet.

### **What should I think about when signing up for events at a meet?**

When signing up for events at a meet, check for conflicts. Schedules will be available on the host club website. There are many events occurring at the same time, usually between a track event and a field event so athletes must be aware of the schedule. For example, if two field events begin at the same time, the athlete will not be able to do both. In some events an athlete can go back and forth during field and track competition but it is not always advisable. It's a good idea to check the schedule carefully BEFORE registering in the meet.

### **How do I register for a meet?**

The club and coaches will select meets that are appropriate for competition. The coaches will have discussions with the athlete and together they will determine the events for each meet. Athletes should not over-compete at meets, and coaches work to select the correct amount of competition. Parents are not to register athletes for events not selected by the coach. Once the events are selected, the coach will send the list of events to the club register, and the club will register the athlete in the meet. The coach will notify the athlete which events they will be doing in each meet. When you sign up for events, be sure to state your PB for each event as that will aid the organizers in placing you in the correct order of competition.

**Before the meet**, the parents (or athlete) will pay the club the events fee via the club organizer, who will be at practices.

### **Fees must be paid before the athlete competes.**

The cost varies and is dependent on the price the host club has set for the meet.

### **Who is a BC Athletics Official?**

BCA Officials are trained and experienced judges of the competition. They volunteer their knowledge, time, and effort to make sure events follow the rules and are judged fairly. They are recognizable by their uniform of white shirt and will be wearing a BC Athletics name tag. Be sure to thank the officials and shake their hands.

***Always be courteous to the BCA officials. We owe them our total respect.***

If you have questions during the competition, please talk with one of the UAC coaches or Sue Kydd right away.

**What is a BC Athletics number?**

BC Athletics is our provincial parent organization, located in Burnaby BC.

[www.bcathletics.org](http://www.bcathletics.org)

Each registered member will receive a BC Athletics designated number. This number is used for identification and tracking of the member. The member carries the same number through their entire membership from 6 to 90+.

**What happens if an athlete does not compete at a meet or misses events they have signed up for?**

Because UAC pays the host club for all events, once an athlete is registered for a meet, if an athlete misses an event there will be no refund given.

**What should I do before a meet?**

The night before a meet, have a well balanced dinner. Be sure to get a good night's sleep. Eat a breakfast of simple non-fatty foods, and drink plenty of water. Do not eat a heavy meal if you will be competing within 90 minutes.

**What should I take to a Meet?**

What you bring is dependent on the weather, which is always changeable. Your UAC uniform, spikes, running shoes, blankets, warm clothes, lawn chairs, umbrellas, layers of clothing, a healthy picnic lunch and snacks, water, sunscreen, hat, and a positive attitude!

**When should I arrive at the meet?**

An athlete should arrive no less than 45 minutes before their event is scheduled to start. Remember your warm up is your responsibility and is crucial for maximum performance and to reduce the possibility of injury.

**When I get to a meet, what do I do?**

Locate the person assigned by UAC to collect our meet package from the organizers. Pick up your meet participant number (bib number,) and attach it to the front of your UAC singlet. This number must be worn for all the days of that particular meet. Athletes will be given a new number for the next meet. DO NOT re-wear a number at another meet!

Check in with your coach for suggestions and advice.

Look over the area where the event information is set up to determine the event locations and starting times for each one. Find out where the events are being marshaled. Depending on the meet, the announcer MAY call age groups to the marshaling area. Do not depend on this reminder, but watch the schedule, the time, and the event.

Events are allowed to run 30 minutes early, but sometimes run late. You will have to keep tabs on how events are being run throughout the day.

**Will schedules be available at the meet?**

A copy of the event schedule will be available on the meet website. It is recommended that you print the schedule at home the night before the start of the meet and bring it with you. Schedules sometimes change at the very last minute.

### **What should I do during the Day of The Meet?**

Hydrate! Drink lots of water (not soft drinks) throughout the day and stay in the shade during summer dates. Keep warm on the cooler days and wear multiple layers. Be sure to eat well but not fatty heavy foods. Familiar high protein foods, veggies, fruit, and water are the best for competition.

UAC will either have a tent in the park, or a place in the bleachers. When you have down time, join other club members and socialize. Also you may enjoy socializing with members of other clubs; just because you may compete against each other, doesn't mean you won't form friendships!

### **What do you mean by 'being marshaled'?**

This is where all the athletes competing in a specific event gather together before the event. Typically, field events marshal at the individual event area. Track events usually check in at a designated tent which can be called the Call Room. At high level meets (for example the BC High School Championships) all athletes will marshal at the Call Room for all events. It is VERY important to check in for each event by the required time or you may not be allowed to compete.

### **Do events run on time?**

We hope so, but sometimes they do not. If there is an unexpected number of athlete's events may run behind the scheduled time. It is not unusual to have 30 or more athletes waiting to compete in the long jump. When you consider that each athlete gets three jumps, each jump needs to be measured, and the pit raked each time, you realize how time consuming this can be. In some instances, by the rules, events can be run up to 30 minutes ahead of time –If an event is to be moved ahead it will be announced.

### **In what order of age will track events be run?**

Track events almost always run oldest to youngest, but you can check the meet website to be sure. For example, if you are 12 years old you will run after all the older athletes, starting with the oldest age groups, which might include Masters, ages 35-100. If a track events starts at 10:00, it may be well after 11 before your age group runs.

### **When should I arrive for my field event?**

In field events the start time listed is not the time to arrive, it is the time the event is scheduled to begin. You should have found your mark and warmed up by then.

### **How many attempts do athlete get in field events?**

JD athletes ages 9-13 are allowed three attempts (rounds).

For 14+ older athletes, everyone will receive three initial attempts and then the top 8 get three more.

The exception for this is in the Vertical Jumps (High Jump and Pole Vault) at all age levels. Each athlete is given 3 attempts to clear the bar at each height. Once every athlete in the rotation has had 3 failed attempts or has cleared the bar, that round is over and the bar will be moved up and the remaining athletes will start a new round. Starting heights are usually based on the age group. Athletes do not need to start at that height nor attempt every height if they feel it's too low for them. Once the bar has been raised, (round completed,) it will not be lowered.

### **What happens if I have a conflicting track event and field event?**

This scenario happens often but will be simplified if you and the coach carefully look at the schedule BEFORE you register for the meet and choose non-conflicting events at that time. Sometimes on meet day you need to choose which event you would prefer to compete in and “scratch” the other one. A scratch is a formal notification to the event official or organizing committee that you will not be competing. This should be done one hour before the competition begins. If you think you need to scratch an event, talk with your coach first. Officials will not generally hold up a field event for a track event and will never hold up a track event for the field. This is a track and field reality and you will just have to accept that things are not always going to run on schedule and you may not be able to compete in all the events you want to. Check in at BOTH events. In many situations, you may be able to register and get one attempt in at the field event, then run your track event and return to the field event. At this point, you may have missed a round, but may be able to get back into the round they are currently running. However, once a round is completed (all the athletes have completed their attempts,) if you have missed that round, it may not be made up. Once the event is over, it is **over**, you will not be able to compete. Please don't ask!

### **Are there other things I should know?**

- The Infield is **Out Of Bounds** unless you have been directed there by an official.
- Do not cross the track when an event is in progress. Always look, just in case.
- Do not wander away from the area, make sure your parents or coach knows where you will be
- Listen for announcements. Pay attention to the time and the schedule
- Support the other athletes, be a good sport and show respect at all times. Remember you are representing Universal Athletics Club.

### **What if I am ill or have an injury?**

UAC takes member health very seriously. If an athlete is ill and not able to train or compete, that athlete needs to notify the coach at once.

If an athlete has an injury, he/she must speak with their coach immediately. Our coaches have fitness and conditioning training, but they are not doctors, and do not give medical diagnosis. The coach may have recommendations for athletes to obtain appropriate professional treatment, or suggestions for basic first aid.

If an athlete is undergoing treatment, it is vital that they keep the coach “in the loop” as to their progress.

### **What is the difference between Club Meets and School Meets?**

In BC there are two different organizations that sanction meets, BC Athletics and BC High School Sports. Elementary meets organized by schools are very seldom sanctioned. The High School T&F season usually runs from March to the start of June. Athletes wishing to compete for their High Schools and compete in the High School meets during April/May must have a coach/advisor from the school, wear the school uniform and be enrolled with BC High School Sports through their school. If a school doesn't have a track team please talk to your UAC Coach and we will co-ordinate with your High School to make sure you get registered.

Club Meets are organized by clubs like UAC and are sanctioned by BC Athletics. These T&F meets run from February till August. UAC athletes competing in club meets must wear the club uniform, and you must register through UAC. Talk with your coach!

**Do I have to attend every meet?**

No. Along with your coach, choose where/when you will compete, but be advised that Junior Development athletes need to compete in a championship meet (the JD Championships or JD Pentathlon Championships) and two other approved meets in order to be considered for a BC Athletics Award.

If you have signed up for a meet, but do not attend you will still be responsible for the cost of those entries. Be sure to notify your coach in this situation as a refund may happen if done in time, usually before the entries for the meet close.

**What is a BC Athletics Award?**

At the end of the year, BC Athletics hosts a banquet to recognize those athletes that have had outstanding performances during the season. BC Athletics keeps track of all provincial performances in the Junior Development age group, which go back many years. If an athlete achieves a provincial performance they will be considered for an award. The provincial lists can be accessed on the BC Athletics Web Page. [www.bcatletics.org](http://www.bcatletics.org)

**What is a Making Standard and Making a Team?**

Making Standard is a term in Track and Field whereby organizations who are charged with choosing teams set a certain standard in events which athletes must achieve through the year in order to be considered for a team. Making standard does not mean an athlete will be chosen to participate on the team but may apply and be considered. Other factors such as the number of athletes the organization is willing to send or a tryout may determine making a team. Organizations that use this method are BC Athletics for BC Teams and Athletic Canada for Canadian Teams.

**Who pays if an athlete makes a team and what are the costs?**

When an athlete makes a team there are extra costs involved. Currently there is a \$150.00 fee for an athlete to attend the BC Summer Games. There is a BC Athletics athlete fee if chosen to compete on a BC Team, the costs depend on age category. Once an athlete makes the team and pays the fees most other costs like travel, accommodation, meals etc. will be covered by BC Athletics or the games. UAC does/does not cover or subsidize the cost of travel to meets in or outside of province.

**Does Universal Athletics recognize outstanding performances?**

Yes. The Club encourages athletes to always strive for THEIR PERSONAL BEST. At the end of the season, usually in November, we host a function and celebrate with all our athletes for their personal bests, outstanding results, effort and attitude. We also recognize coaches, officials, and honoured guests.

**What if Track and Field is not for me?**

We encourage all athletes to really give their training and competition a try. However, members can withdraw from the program up until two weeks after their starting date. The club portion of the fees will be returned, but the BCA Athletics fee is non-refundable. The member remains part of BCA for the calendar year. Once the two week trial has passed, there will be no Club refunds.

## **For Parents:**

### **How can I learn more about track and field?**

UAC highly encourages everyone to become involved. The Club needs organizers, officials and coaches. BC Athletics offers workshops in coaching and officiating, and UAC will pay the fees for members to attend. This is a good way to understand the sport, the rules, and also join a group of motivated and enthusiastic individuals, who are giving back to our sport community. Previous knowledge or experience in T&F is not a requirement!

### **What is the best advice that I can give my child who is new to Track and Field?**

Emphasize individual development (personal bests), not winning or losing. The top competitors in the world are in their mid-twenties and early thirties – consider all the years an athlete needs to develop. Think of the positive aspects of training: being outdoors, having a healthy heart and lungs, positive role models, and the likelihood of new friends. Athleticism and fitness can be a lifelong skill. Celebrate the personal bests and have fun!

### **Are the fees paid to UAC eligible for the Children's Fitness Tax Credit?**

Yes, the annual fees qualify for the Fitness Tax Credit for children under 16 years of age at any time during the year effective January 1<sup>st</sup> through December 31<sup>st</sup>. Please ask for a tax receipt and it will be issued for that year's taxes.

### **Why do I have to join and pay fees to BC Athletics (BCA)?**

BCA is the provincial association that oversees the organization for T&F in BC. This entails the scheduling of events, training coaches and officials, sending teams to various championships and games across Canada. Membership in BCA provides athlete accident insurance for injuries sustained while practicing for or competing in a BCA sanctioned event. BCA is a member of the national T&F organization, Athletics Canada who in turn is a member of the International Amateur Athletics Federation. It is crucial to be associated and support these levels of organizations so as your athlete moves up the level of success he/she will have the appropriate levels of competition and keep involved for a lifetime.

## **Meets, Clinics and other Schedules/Information**

Each year members of UAC are able to attend many events that are hosted by BC Athletics, Clubs and School Sports. For most members track meets will be the focus of which schedule to use. However, for others Coaching and Officiating Clinics will be of use.

- For a full list of Meets in BC, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then Calendar & Results
- For a list of Meets suggested by UAC check with your UAC coach.
- Check with High School coaches for their meet schedule.
- For Coaching information, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then, Coaches
- For Officiating information, [www.bcathletics.org](http://www.bcathletics.org), click on the Track & Field tab then, Officials

## BC ATHLETICS ATHLETES CODE OF CONDUCT

*In registering as an Athlete member (all types) of BC Athletics and within the context of the activities of Athletics an individual agrees to take part in a spirit of fair play, honesty and within the rules and regulations of BC Athletics, Athletics Canada and the IAAF. As such the Athlete member is expected to:*

- Compete/participate in a spirit of fair play and honesty.
- Compete/participate within the rules of Athletics.
- Avoid the use, advocating, condoning, promotion and distribution of banned substances, cases and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport.
- Refrain from using tobacco products within the competition arena and/or competition area.
- Refrain from using alcohol at athletic events (Athletics and other sport activities) or in victory celebrations at the competition site and of legal age in British Columbia, consume these products responsibly in association with BC Athletics social events.
- BC Athletics has a "zero tolerance" policy with respect to the consumption of alcohol and non-prescription drugs by any athlete while a member of a BC Athletics team in a competition setting in Canada or overseas, under the age of 19, irrespective of any other legal requirements. This "zero tolerance" policy on the consumption of alcohol also applies to all BC Athletics team members (including team staff and coaches) while involved in a competition setting specifically for Junior and/or Youth athletes, regardless of the team member's age.
- BC Athletics has a zero-tolerance policy for alcohol and nonprescription drugs in any BC Team Members room. Alcohol and non-prescription drugs in a Team Member's room will not be tolerated and will result in an immediate removal from the BC Team and the competition, repayment of the all costs associated with the athlete's participation on the BC Team and subject to any disciplinary measures as may be determined by the BC Athletics Discipline Panel and Board of Directors.
- Abuse of alcohol and intoxication or drug abuse will not be tolerated and will result in an immediate removal from the BC Team and the competition, repayment of the all costs associated with the athlete's participation in the competition and subject to any disciplinary measures as may be determined by the BC Athletics Discipline Panel and Board of Directors.
- Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Athletics.
- Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
- Avoid providing alcohol to under age individual.
- Act in a manner that will bring credit to the Athletics Community and yourself, both within and outside the competition arena and/or competition area.
- Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)
- Ensure the safety of others when taking part in your Athletics activity.

Individuals registering as Athlete members of BC Athletics are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of BC Athletics, Athletics Canada and the IAAF.

## BC ATHLETICS – SPECTATOR CODE OF CONDUCT

*BC Athletics is committed to ensuring that all athletes have the opportunity to participate in a safe and enjoyable environment that is encouraging to all, enabling athletes to achieve personal best performances, and promoting overall development of our sport. We have strong values of fair play, integrity, mutual respect, safety, graciousness, and sportsmanship. Spectators are expected to conduct themselves in a manner which supports the values of our organization, and encourages the development of all athletes on and off the competition area.*

### Do:

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

### Do Not:

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.

Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators

## BC ATHLETICS VOLUNTEER CODE OF CONDUCT

An individual who accepts the position of VOLUNTEER within the context of the activities of Athletics, agrees to accept the responsibilities as outlined to them and will complete the duties for the agreed to period. As a volunteer in Athletics your role is critical to the success of any activity and in carrying out the assigned responsibilities you are expected to:

- Refrain from using tobacco products within the arena and/or competition area and only in designated areas if such are provided.
- Refrain from entering the competition area and/or arena under the influence of alcohol.
- Be prepared to do the job assigned to you.
- Work in a spirit of cooperation with other volunteers/officials and do not interfere in any way with their duties and responsibilities.
- Act in a manner that will bring credit to the Athletics Community and yourself, both inside and outside the competition arena and/or area.
- Volunteers are not to encourage athletes to consume drugs, alcohol or intoxicants.
- Be courteous to fellow volunteers, officials, athletes, coaches and the general public.
- Refrain from the use of threatening, obscene, abusive or vulgar language to fellow volunteers, officials, athletes, coaches and the general public.
- Treat everyone fairly within the context of their activity regardless of a person's culture, color, ancestry, nationality, age, political beliefs, religion, family status, physical or mental disability, gender or sexual orientation.
- Refrain from public criticism of fellow volunteers, coaches, officials or athletes.
- Refrain from harassing any individual or engaging in any unwelcome visual, verbal or physical conduct.
- Project a positive and enthusiastic attitude towards the event, the sponsors, supporters and the job assigned, approaching these duties with a professional attitude.
- Be courteous, cooperative and discreet.
- Carry out your duties willingly, fairly and impartially.
- Report for the assigned duty on time, be well groomed.
- Respect the athlete's dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)

Individuals Volunteering for position in BC Athletics sanctioned/approved activity/competition are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of BC Athletics, Athletics Canada and the IAAF.