

Winnipeg Optimist Athletics

2011- 2012 Handbook



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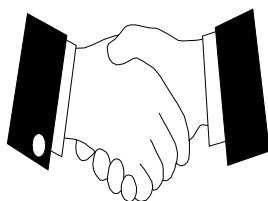
ACKNOWLEDGEMENT

Winnipeg Optimists Athletics (WOA) gratefully wishes to acknowledge the support it has received from its partners:

The Optimist Club of Assiniboia Athletics Manitoba Boeing Canada

We extend a very sincere thank you on behalf of all the athletes, coaches and parents.

You are all indeed, a “Friend of Youth”.



MISSION

The mission of Winnipeg Optimist Athletics, through its coaches, Parent Executive and partners, is to support athletics excellence and to provide opportunities for Manitobans to experience the challenges of athletic development.

INVITATION

Athletes and their families are welcome to attend the monthly Parent Executive meetings, as well as the Annual General Meeting.

WOA and Athletics Manitoba Registration for 2011/12 will take place as follows:

- Monday, October 24 and Tuesday, October 25, 2011, 5:15 – 7:00 pm
- Seminar Room B, 2nd Flr, Max Bell, University of Manitoba

Athletes and Parents are invited to the **WOA AGM for 2010/11**, which will be held Tuesday, October 25, 2011 at 7:15 pm in Seminar Room B, 2nd Floor, Max Bell (immediately following Registration).

CLUB PROFILE

In the beginning ...

In the late 1970s, the participation by Manitoba students in track and field was low. There were few high-level coaches and athletics clubs available for students whose schools did not offer track and field or for athletes striving to reach higher levels of excellence than could be obtained within the school system. There were even fewer opportunities for athletes to compete during the indoor fall and winter seasons. More indoor track meets and a milieu that encouraged students to participate and excel in track and field were required.

In 1979, former track athletes **Larry Switzer**, **Greg Hershman** and **Wayne McMahon**, along with **Jack Parrington**, formed Assiniboia Optimist Track Club (AOTC) with support from the Assiniboia Optimists. Winnipeg and Manitoba needed a track and field club with highly qualified coaches, who were available year-round.

AOTC offered the opportunity for personalized coaching and more competitions. With funding from Boeing Canada, Larry, Wayne and Greg organized and ran the first Boeing Indoor Track Meet in 1981 in the Minto Armoury.

In 1995, the club name was changed to **Winnipeg Optimist Athletics (WOA)** to better reflect the wider-based support of our founding partner.

In recent years ...

WOA has an annual membership of approximately 80 - 100 dedicated and goal-oriented athletes and coaches, as well as a hard working parent executive. As a track and field club, WOA is proud of the support it provides to its athletes and the athletic community through coaching and services.

Coaches are encouraged and offered support to attend upgrade clinics such as the annual Athletics Canada Technical Congress.

Winnipeg Optimist Athletics offers the following:

- Certified NCCP club coaches with Provincial and National team experience, providing specialized coaching in all track and field disciplines, as well as a multiple events program. In past years, WOA coaches have also received Manitoba "Coach of the Year" nominations and awards.
- 100% coverage of all local meet entry fees, and up to 50% for national competitions (see page 18 for more details).
- Opportunities for athletes of all ages to develop their maximum level of excellence, while building character and fostering the ideals of good sportsmanship.
- Fundraising opportunities and an athlete account where funds can be accumulated (and often matched by the Club) to offset future expenses related to training, camps, and attending out-of-town competitions.
- Annual banquet recognizing athletes' achievements, including awarding a post-secondary academic/athletic scholarship and performance-based funding
- Leadership role at Legion Athletic Track Camp at International Peace Gardens
Official meet organization for the Boeing Classic which traditionally serves as the Provincial Indoor Track and Field Championships.

AOTC/WOA CLUB RECORDS

The AOTC/WOA Club Records are available online at www.athleticsmanitoba.com.

There may be some results that have been missed, as results were not available for all meets, especially out-of-province events. Updated, corrected and missed results are welcomed. Please forward info to Larry Switzer at larry.switzer@shaw.ca and include athlete's name, the event and time and the **date and the meet** where the result was achieved. If you have actual results from that meet, a copy would be appreciated.

WINNIPEG OPTIMIST ATHLETIC CLUB AWARDS 2009/10		
Award	Male	Female
Best Overall Hurdles	Jared McLeod	Melissa Kitching
Bet Overall Sprints	Shae Franz	Katie Staub
Best Overall Middle Distance	Levi Neufeld	Erin Teschuk
Best Overall Jumps	Joshua Gundrum	Victoria Robson
Best Overall Throws	Arthur Buchanan	Not Awarded
Best Overall Combined Events	Cliff Caines	Not Awarded
Outstanding PeeWee	Colton Peters / Miguel Valera	Jasmine Deato /Asina Said
Outstanding Bantam	Owen Ready / Hendrix de Guzman	Brodie Whyte / Tyra Duma
Outstanding Midget	Braedan Peters / Robert Anderson	Carlynnne Milns / Tarina Ready
Outstanding Youth	Steven Olsen	Melissa Richards
Outstanding Junior	Arthur Buchanan	Sarah Boila
Outstanding Athlete	Nathan Vadeboncoeur	Victoria Robson
Ron Melnichuk Distance Award	Catherine Cantin	
WOA Executive Award	Marie Adamson	
WOA Executive Scholarship		

ANNUAL AWARDS BANQUET FOR 2010/11

Winnipeg Optimist Athletics Awards Banquet

The Awards Banquet for 2010/11 will be held on Tuesday, December 13, 2011 at Heritage Victoria Community Club, 950 Sturgeon Rd. (north of Ness Ave.). The doors open at 6:00 pm and dinner will be served at 6:30 pm. The cost is \$5.00/person.

Tickets are subsidized and include taxes and gratuity. For ticket info, contact Doug Miller at 488-1469 / dgmiller@shaw.ca



This event recognizes outstanding Age Class and Event athletes. Eligible athletes receive performance-based awards, National Team funding (\$1,000), a Parent Executive Scholarship (\$200), the Jim Lyon Parent Executive Award for Volunteerism (\$100) and free memberships.

Each year, many WOA athletes and coaches are also recipients of major provincial awards, including track and field, cross-country and road racing.

- The Athletics Manitoba Elite Athlete/Coach Funding is distributed at this event. For 2010/11, funding is awarded to athletes and coaches in grants ranging from \$500 to \$1,500.
- Several WOA athletes will receive funding from Sport Manitoba Athlete Assistance Program (ManPlan) based on performance during 2010/11.

WOA AWARDS/SCHOLARSHIPS

Parent Executive Scholarship for 2011/12

Each year at the WOA Annual Awards Banquet, the Parent Executive awards a \$200 post-secondary scholarship to a deserving club athlete who is returning to the club and the sport in 2011/12, while continuing their education.

Criteria include athletic and academic performance, as well as service or contribution to Winnipeg Optimist Athletics. Information regarding the scholarship can be obtained from the President, Jack Booth, 831-5805 or jbooth@mts.net.

Jim Lyon Parent Executive Award

Annually, a plaque is awarded to a member of WOA who has displayed general, all-round support to the club and its athletes through volunteer and fundraising activities.

This award is in memory of Jim Lyon, who passed away in May 2003. Jim was Treasurer of WOA from 1997 – 2002 and a recipient of the award in 2001.

Commencing in October 2003 and for a period of six years, a scholarship in the amount of \$100 was awarded each year to an athlete recipient. The scholarship was donated by Shirley Lyon, the wife of Jim Lyon. In the event that the award is presented to a member of the Club other than an athlete, the scholarship amount will be divided between the top Male and Female Athlete of the Year winners for that year.

In 2006, the Parent Executive Committee agreed the scholarship for the Jim Lyon Parent Executive Award would be continued after the initial six year period (October 2003 – 2008).

The recipient for 2009/10 was Marie Adamson, a member of the Parent Executive Committee and responsible for Uniforms and Team Gear.

Performance Awards

Athletes placing in the top three at National Championships will receive:

	Seniors	Juniors
• First place	= \$1,000	\$300
• Second place	= \$ 750	\$200
• Third place	= \$ 500	\$100

Funding for Self-funded National Teams

Athletics Manitoba, through the Dave Lyon Legacy Fund, will provide funding to athletes who have been selected to a Canadian Team where self-funding is required. The funds shall be divided between all eligible applicants and not exceed the individual maximum grant amount of \$750. The selection will be based on level of competition and athlete performance.

WOA awards \$500 to any club member who makes a National self-funded team. This award is limited to one self-funded team per fiscal year.

Free/Reduced Membership

- Full member WOA athletes will be awarded a free membership for the following year (value = \$250) based on the following placings:
 - In top six at the Canadian Senior Track & Field Championships
 - In top three at the Canadian Junior Track & Field Championships
 - In top ten at Junior or Senior National Cross Country Championships
 - Being named to the National Cross Country team

The athlete is responsible for other fees (Athletics Canada/Manitoba membership and Exclusive Use Facility fee, etc.).

For **2011/12**, a free membership will be awarded to **Victoria Robson**.

- New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$125 for their first year with WOA. The athlete will be responsible for other fees (i.e. Athletics Canada/Manitoba membership, Exclusive Use Facility fee, etc.).

Entry Fees for out-of-town competitions

- WOA will cover 100% of entry fees for WOA sanctioned/sponsored club trips to out-of-town events
- For other out-of-town meets that individual athletes may attend, prior approval is required to ensure coverage of the entry fees.
- National championships do not require prior approval.

Entry Fees for National Championships

- National championship entry fees are very high (approximately \$45.00 - \$50.00 per event), compared to regular competitions (ranging from \$5.00 - \$15.00 per event).
- For full member athletes (September to August), WOA will cover 50% of cost of entry fee for up to three individual events at national championships each fiscal year.
- For summer member athletes (April – August), WOA will cover 50% of cost of entry fee for one individual event at national championships each fiscal year.
- Summer member athletes will not be eligible for performance awards or free membership based on placing at national championships.

Larry Switzer - Wayne McMahon Scholarship

In 1999, the Parent Executive of Winnipeg Optimist Athletics established a scholarship at the University of Manitoba to recognize the significant contribution of Larry and Wayne to Winnipeg Optimist Athletics and to the sport of track and field in Manitoba. The current value of the scholarship is approximately \$300 annually.

The award is available to full-time students at the University of Manitoba with a 3.0 GPA, participating in track and field. Applicants must be a member of Athletics Manitoba and demonstrate leadership and involvement within the sport community in Manitoba. Applicants are required to submit a two page letter outlining their involvement in athletics and the leadership they have shown in the sport community, whether in competition, coaching or other aspects of sport. Deadline for application is September 30 of each year.

For further information concerning this award, please contact:
Financial Aid & Awards,
University of Manitoba at 474-9261.

Applications should be submitted to:
Claude Berube
Head Coach, Athletics
Room 109
Max Bell Centre
University of Manitoba
Winnipeg MB R3T 2N2

Previous recipients of the Larry Switzer/Wayne McMahon Scholarship include:

- 1999 - **Mel McManus**, 4th year dentistry
- 2000 – **Melanie Gregg**, a Masters student in Sport Psychology
- 2001 - **Michael Booth**, a 3rd year student in Arts
- 2002 – **Jennifer Ervick**, 1st year, Faculty of Law
- 2003 – **Brian Walker**, 4th year, Business Management
- 2004 – **Kja Isaacson**, 2nd year Arts, with double honours in French and English
- 2005 – **Sharon Drake**, final year, Recreational Management and Community Development
- 2006 – **Not awarded**
- 2007 – **Joel Charriere**
- 2008 - **Keiran Moolchan**
- 2009 - **Deondra Twerdun**
- 2010 - **Deondra Twerdun**
- 2011 – **TBA**

WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships, March 1 - 3, 2012



This three-day track meet is the best organized meet on the indoor schedule, as well as being the Provincial Indoor Track and Field Championships. Over 400 volunteers are required during the three day period to address the logistical requirements. The Boeing Elementary Relays will be held on **Thursday, March 1, 2012** and all WOA families must help at these meets.

Winnipeg Optimist Athletics is proud of its affiliation with Boeing of Canada as the host of these meets. Each year, Boeing contributes approximately \$13,000 in goods, cash and services, as well as 30 – 50 volunteers to this event.

In 2002 WOA introduced the Lyle L. Bryson Athletics Performance Award for outstanding performance by a male or female in the meet. Lyle Bryson was instrumental in involving Boeing of Canada as a corporate supporter to WOA. The award is based on the Mercier Table Point System which compares performances across all events and age categories.

Past winners of the Lyle L. Bryson Athletics Performance Award include:

- 2002 – Jackie Honey, WOA; set Manitoba Indoor Women's Pole Vault record of 4.15m
- 2003 – Jenni Hucul, Saskatoon Track & Field
- 2004 – Jared Macleod, WOA
- 2005 – Jared Macleod, WOA; won gold in 60mH and silver in 60m and 200m
- 2006 – Jared Macleod, WOA
- 2007 – Jared Macleod, WOA
- 2008 – Jared Macleod, WOA
- 2009 – Jared Macleod, WOA
- 2010 - Carly Paracholski

VOLUNTEER REQUIREMENT

In recent years, our membership has averaged between 80 and 100 athletes. The director, coaches and parent executive work very hard to support our athletes and the athletic community, but **we need your help**. WOA is required to provide approximately 400 volunteers for events during the indoor and outdoor seasons. Without volunteers and parents to run meets, competitions cannot be held. Without the help of the athletes and their parents, Track and Field in Manitoba will not flourish.

Each year, Athletics Manitoba awards approximately 10 Bingos to WOA. The bingos are a major source of funding for our club. As a condition of these bingos, WOA must supply volunteers to work at each bingo, host a major competition and provide volunteers for assigned competitions.

At the time of registration, all athletes and their families are asked to make a volunteer commitment for approximately 4-5 events during the indoor and outdoor seasons. The **Boeing Indoor Classic** is a special project, which requires a large number of volunteers.

The purpose of the WOA Volunteer Commitment Form is to ensure an equitable distribution of the workload amongst our families to meet WOA volunteer responsibilities and to ease the workload of the Phoning/Communications Committee organizing volunteers for an event. Volunteers will be contacted prior to each event to confirm participation.

Athletes and their families are needed to help in all areas of our club and our sport.

The Parent Executive seeks people to fill year-round positions such as Treasurer, Secretary, Membership, Uniforms, Bingo, Fundraising, Advertising, Social Events, Trip Convenor, Parent Coordinator, Phoning/Communications, Coaching Assistants and Representatives to the Board of Athletics Manitoba and Assiniboia Optimists.

The **Boeing Classic** requires special project management teams. Committees include Lead Organizers, Set up/Take Down, Meet Entries, Meet Registration, Manpower/Volunteer Recruitment, Food Service, Security, Finance, Program Advertising, Program Assembly, Results, Announcing, Trophies/Medals, and Publicity.

FUNDRAISING OPPORTUNITIES

Bingos and Barbecues!

1. **Bingos:** If you wish to participate in bingos, please contact Cathy Seitz at cmjseitz@mymts.net.

a) Purpose:

Athletics Manitoba distributes bingos to clubs, based on a percentage of their membership. Bingos are the single, major source of revenue for WOA and an excellent fundraising opportunity for our athletes. WOA receives approximately 10 - 14 bingos a year, assigned on a quarterly basis. The bingos are held at either the McPhillips or Regent Casinos.

b) WOA Commitment:

Annually, WOA signs a contract with Athletics Manitoba to provide the following services, in exchange for a share of funding generated through the bingos.

- Supply up to seven volunteers for each assigned bingo.
- Supply volunteers for assigned athletic competitions.
- Host a major competition during indoor/outdoor seasons (Boeing Classic)

c) Benefits of working bingos:

For WOA, bingos provide a major source of revenue. These monies are used to support activities such as WOA competitions, club trips, recognition banquet, awards, trophies, scholarships, performance funding, clinics and education for athletes, coaches and officials.

For the athletes and their family, a bingo offers the opportunity to earn funding that can be matched. The club maintains an account for each athlete (similar to a bank account). Each time an athlete or family member works at a bingo, **the athlete receives a \$25 credit (matched by WOA) in their athlete account**. Participation in bingos is **OPTIONAL**, but has proven to be very rewarding for those athletes and their families who take advantage of this fundraising opportunity.

d) Benefits of Athlete Account:

Funds in the athlete account can be withdrawn (and matched if eligible) for the following reasons (receipts must be provided):

i) Eligible expenses for matched funds

- Costs for travel and hotel accommodations for out-of-town sanctioned competition or training camp.
- Payment of 25% of registration fee for Legion Athletic Camp or any other track and field-related camp (for a total payment of 50% of camp fee).

ii) Eligible expenses for unmatched funds

- Purchase of athletic equipment related to the sport.
- Payment of WOA membership fee (\$250)
- Payment of Athletics Manitoba membership fee
- Payment of Athletics Manitoba Exclusive Use facility fee (\$245)

e) Responsibility and consequences:

Bingos are highly valued fundraising opportunities for the athlete and the club. A commitment to work at a bingo must be taken very seriously.

A “no-show” at a bingo could jeopardize the funding for the entire sport. Consequences for missing a bingo can be severe - for the athlete, the club and the sport. Possible penalties include \$25 being deducted from the Athlete Account, the club losing bingos in the next bingo rotation,

or the sport as a whole being suspended for one or two years from participating in bingo revenues.

f) **Bingo Cancellation:**

Should a bingo be cancelled by Manitoba Lotteries and payment is made to Athletics Manitoba and Athletics Manitoba shares payment with the club, WOA will pay 50% of the current bingo payment to volunteers.

g) Athletes who have money in their athlete account, but do not return to WOA the following year have until December 31 of that year to claim the funds. The money would not be matched and receipts would be required for all claims.

2. WOA has a close relationship with the Optimist Club of Assiniboia and we take pride in supporting our main sponsor and namesake organization for the past 31 years.

a. **Optimist Christmas Trees:**

Each year in early December, WOA assists the Optimists to set up their Christmas tree lot, as well as selling Christmas trees during the weeks leading up to Christmas.

For each person working a 3½ hour shift for an athlete selling Christmas trees, \$15 (matched) will be credited to the athlete's account.

b. **Buffalo Barbecue:**

Winnipeg Optimist Athletics supports the Assiniboia Optimists with set up/take down, cooking burgers and selling drinks for the Optimist Buffalo Barbecue held annually on the May long weekend.

For each person working a 3½ hour shift for an athlete, \$15 (matched) will be credited to the athlete's account.



3. **Advertising Program for Boeing Indoor Classic March 1- 3, 2012**

A highlight of Boeing is the program which includes the schedule of events, as well as featuring our sponsors and background on our club and our sport. Athletes/parents who bring a **new ad to the program will earn 10% of the value of the ad** in their Athlete Account.

UNIFORM NEWS

1. WOA Singlets:

- New members must purchase a WOA singlet at time of Registration and cost (\$35.00) is added to membership fee.
- WOA offers singlets, but does not carry special WOA shorts. We recommend navy or black shorts to complement the singlet. Custom made shorts are available through Perfit Design.
- All athletes must wear a WOA singlet and appropriate running shorts when competing on behalf of the club, as well as during medal/award presentations.

Sample sizes of the WOA singlet will be available at Registration on **October 24/25, 2011** (Max Bell Fieldhouse, Seminar Room B, 2nd Floor).

- All orders for singlets must be paid before delivery.
- Payment should be by cheque, payable to the Winnipeg Optimist Athletics.
- All taxes are included in price.

2. WOA Team Gear/Equipment Event for 2011/12

Date:	Tuesday, November 8, 2011
Time:	5:30 - 7:30 pm
Place:	Trackside, Max Bell Fieldhouse, UofM
Items available:	Windsuits (jacket & pants), sweat pants & hoodies, T-shirts & bags
Payment:	All orders must be prepaid at time of order. Cheques payable to Winnipeg Optimist Athletics (WOA)
Delivery:	Estimated prior to Christmas
Note:	WOA will not carry an inventory of these items and will only accept prepaid orders on the above date. No late orders will be accepted.

For more information concerning uniforms, please contact JoAnne Peltz at 475-8536 or peltz@shaw.ca.



TRAVEL OPPORTUNITIES

Each year, WOA organizes trips to out-of-province competitions, such as:

- Regina, SK February
- National Junior and Senior Championships July
- National 10K Road Race Championships October
- National Cross Country Championships November
- Other events as determined by WOA Coaching staff



WOA is open to a team traveling at anytime, and welcomes parent involvement in planning and organizing these trips.

PARENT CHAPERONES

Parent chaperones are required for out-of-province events and competitions in Canada. Depending on the time and location of an event, teams of approximately 25 – 30 athletes, three coaches and three chaperones travel on a bus, leaving on Friday morning, returning late Sunday night. WOA will cover the chaperone's bus transportation and accommodation. The chaperone will be responsible for all other expenses, including food. If appropriate, chaperones will share a hotel room, as will coaches.

The designated head coach will discuss with the chaperones how they can assist the coaches to ensure everything runs smoothly and the athletes achieve optimum performances. Areas where chaperones may be required to help include:

- Be informed and aware of what is going on, so you can assist the athletes and the coaches
- Know the transportation schedules (to/from Winnipeg; shuttle in competition location)
- Assist athletes and coaches with check-in/check-out at the hotel
- Know the hotel amenities and find out about nearby eateries, facilities
- Ensure athletes are on time for transportation and individual competition
- Ensure athletes have necessary uniform and equipment
- Ensure all athletes wear WOA clothing when competing or on the podium.
- Monitor athletes' events and record results for coaches
- Keep notes of special/record breaking performances, which can be quickly relayed to the media
- Assist with curfew/bed checks
- Work with coaches to ensure all WOA athletes compete and behave in a responsible, respectful, disciplined manner so that WOA and Athletics Manitoba are well represented.

WOA ATHLETE TRAVEL POLICY

Travel to competitions outside of the province is determined by the coaches, in consultation with the Director and approved by the WOA Parent Executive. The primary purpose of out-of-town competitions is athletic development. In so doing, it is expected all athletes travelling on WOA-sponsored activities will conduct themselves in a way that will bring pride and honour to the club.

Parents and athletes asked to review and abide by the following code of conduct.

1. Such conduct will include good sportsmanship, courtesy and respect to all.
2. There will be no possession of, or use of, any illegal substances or performance enhancing drugs.
3. Regardless of age, all athletes are expected to abide by the general WOA policy that discourages the use of alcoholic beverages while involved in club-sponsored activities.
4. When rooms are visited by other than the occupants, the door will be left open for viewing by the athlete's personal coach or coach's personal designate.
5. Any physical damage occurring or arising from items missing in a hotel/motel room is the responsibility of the registered occupants, unless some other person(s) are proven responsible. With more than one person sharing a room, cost will be shared equally if no admission of responsibility is forthcoming.
6. Unacceptable behaviour shall include, but may not be limited to the following:
 - Committing any act, which would be considered an offence under federal, provincial, or municipal laws;
 - Breaking training or curfew as specified by the athlete's personal coach or coach's personal designate;
 - Unsportsmanlike conduct, or conduct that is likely to bring discredit to Winnipeg Optimist Athletics in the opinion of the athlete's personal coach or coach's personal designate.
7. Any contravention of these rules will result in disciplinary action to be determined by the athlete's personal coach or coach's personal designate. Such discipline could range from a minor reprimand or withholding of privileges to the athlete being sent home at his/her own expense. Any major disciplinary action will be reported to the Parent Executive of WOA by the Director.

**ATHLETICS MANITOBA FALL/WINTER MEET SCHEDULE
IS AVAILABLE ONLINE
AT ATHLETICS MANITOBA WEBSITE**

[HTTP://WWW.ATHLETICSMANITOBA.COM/TENTATIVE-FALLWINTER-MEET-SCHEDULE](http://www.athleticsmanitoba.com/tentative-fallwinter-meet-schedule)

**WOA PARENT EXECUTIVE FOR 2011/2012
as of October 20, 2011**

Position	Name	Contact	Email
President	Jack Booth	422-5248	jbooth@mts.net
Vice President	Doug Miller	488-1469	dgmiller@shaw.ca
Treasurer	Michael Gravenor	832-9098	gravenorm@gmail.com
Secretary	Carolynn MacKenzie	489-0036	themackenzies@mts.net
Membership	Chris Valk	284-4400	cavalk@mts.net
	Sowmya Rajamohan		crsowmya@gmail.com
Uniforms	Jo Anne Peltz	475-8536	peltz@shaw.ca
Bingo Coordinator	Cathy Seitz		cmjseitz@mymts.net
Phoning/Communications	Patti Ferguson		mteschuk@mts.net
	Lois Gray		lgray21@mymts.net
Director of Activities/ Coaching Coordinator	Larry Switzer	885-5714	larry.switzer@shaw.ca
Athletics Manitoba 145 Pacific Ave Winnipeg Phone - 925-5745 Fax - 925-5792 www.athleticsmanitoba.com	Diana Stevens	925-5744	diana_stevens@shaw.ca



WOA COACHING STAFF FOR 2011/2012
As of October 20, 2011

Name	Event	Email
Larry Switzer ¹	Coaching Co-ordinator	larry.switzer@shaw.ca
Wayne McMahon ²	Jumps, Multiple Events	gwaynemcmahon@gmail.com
Melanie Gregg	Multiple Events	m.gregg@uwinnipeg.ca
Rory McIntyre	Sprints	rorymcintyre@gmail.com
Omena Babalola	Sprints	obabalola@shaw.ca
Scot Dressler	Pole Vault	scot.dressler@gmail.com
Michael Booth	Distance	endurancematters@hotmail.com
Scott Radley	Middle Distance	swradley@gmail.com
Dave Gudmundsen	Middle Distance	davidbgudmundson@mts.net
Mingpu Wu	Multiple Events	wu_mingpu@yahoo.com
Steve Katopodis	Multiple Events	Steve_katopodis@hotmail.com
Alanna Boudreau	Jumps	
Cliff Caines	Multiple Events	cliffcaines@gmail.com
Nancy Kroupa	Hurdles	nkroupa@shaw.ca
Teresa Logozar	Pole Vault	stlogozar@mts.net
Sarah Bolia	Pole Vault	
Cam Doroshuk	Middle Distance	camkarl@shaw.ca
Conrad Drover	Junior Development	
Graham Woo	Junior Development	

¹ **Larry Switzer:**

National Team Manager, 1984 – 2004

- Olympic Games, Atlanta, 1996; Athens 2004
- World Championships 1993, 1997, 2001
- Pan Am Games, 1987
- World Cross Country, Turin, Italy, 1997
- Commonwealth Games, 1986, 1990
- Inducted in Manitoba Sports Hall of Fame, Builder Category, 2007

² **Wayne McMahon:**

- Athletics Manitoba Coach of the Year, 2001, 2002, 2003
- Manitoba Coach of the Year (Developmental), 3M Coach of the Year, 1991
- Multiple Events Coach, Pan Am Junior Team, 1993
- Head Coach, Legion Athletic Camp
- Head Coach, Canada Games Team, Brandon 1997
- Event Coach, Western Canada Summer Games, Prince Albert 1999, Selkirk 2001
- Event Coach, Canada Summer Games, London 2003, Regina 2005
- Personal coach of J MacLeod, 110mh Gold Medallist at 2009 Francophone Games and Silver Medallist at 2009 National Senior Championships.

MEMBERSHIP FEES FOR 2011/2012

As of October 20, 2011

Type of WOA Membership	Fee	Benefits include
<u>Annual Regular</u> Membership <ul style="list-style-type: none"> • October 2011 to September 2012 • Max Bell Training fees • Athletics Manitoba Sport Membership • Wpg Optimist Uniform (if required) <p style="text-align: right;">TOTAL (including Uniform)</p>	\$250 \$245 \$ 50 <u>\$ 35</u> \$580	<ul style="list-style-type: none"> • Meet entry fees (\$5/event) • Training and Coaching Fees • 50% National Championships entry fee • Travel opportunities • Opportunity to open athlete account and access matched funding • Subsidized tickets for Awards Banquet
<u>New athletes under the age of 13 as of December 31</u> (born 1998 or later) are eligible for <u>reduced membership</u> first year <ul style="list-style-type: none"> • All other fees listed above are applicable, including Uniform <p style="text-align: right;">TOTAL (including Uniform)</p>	\$150 \$245 \$ 50 <u>\$ 35</u> \$480	See above listed benefits
<u>Summer</u> Membership <ul style="list-style-type: none"> • Covers April – September 2012 • Outdoor Training Fees • Athletics Manitoba Sport Membership • Winnipeg Optimist Uniform <p style="text-align: right;">TOTAL (including Uniform)</p>	\$125 \$ 50 \$ 50 <u>\$ 35</u> \$260	<ul style="list-style-type: none"> • Meet entry fees (\$5/event) • Training and Coaching fees • 50% of cost of entry fee for <u>one individual event</u> at national championships each fiscal year. • Summer member athletes will not be eligible for performance awards or free membership based on placing at national championships.
<u>Associate</u> Membership (for U of M Athletes Only) <ul style="list-style-type: none"> • Summer Membership (April – Sept 2012) • Winnipeg Optimist Uniform <p style="text-align: right;">TOTAL (including Uniform)</p>	20 \$105 <u>\$ 35</u> \$160	<ul style="list-style-type: none"> • Athletes who intend to take out a WOA Summer Membership in Spring 2012 are encouraged to register their intent in Fall 2011 through an Associate Membership. • The \$20 is applied towards the 2012 Summer Membership fee (\$125 - \$20 = \$105)
<u>WOA Uniform</u> (mandatory) <ul style="list-style-type: none"> • Available from Uniform Chair 	Singlet \$ 35 or Bodysuit TBD	<ul style="list-style-type: none"> • WOA competition uniform to be worn when competing for WOA (rather than school team) and when WOA pays meet entry fees. • Includes Boeing Indoor Classic, Outdoor and Cross Country Prov Championships and other events when WOA pays meet entry fees.

For info on WOA membership, please contact Membership Chairs.

Membership/Uniform fees payable by cheque to WINNIPEG OPTIMIST ATHLETICS, forwarded to Sowmya Rajamohan.

Sowmya Rajamohan 28 East Oak Drive Winnipeg MB R3X 0B6 crsowmya@gmail.com	Chris Valk 674 Riverwood Winnipeg MB R3T 1K4 284-4400 or cavalk@mts.net
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For info on WOA uniform or team gear, please contact Uniform Chair:

JoAnne Peltz 198 Wildwood Park, Winnipeg MB R3T 0E2 475-8536 or peltz@shaw.ca

Paid: Cash ___ Cheque ___
Amount: _____
Date: _____
AthMB #: _____

WINNIPEG OPTIMIST ATHLETICS (WOA)

MEMBERSHIP APPLICATION 2011/12

Attach cheque and forward to:
 Sowmya Rajamohan
 28 East Oak Drive
 Winnipeg MB R3X 0B6
crsowmya@gmail.com

Athlete Name:	First:	Last:
Mother's Name:	First	Last (if different):
Father's Name:	First:	Last (if different):
Address:		
Postal Code:		
Telephone:	Home:	
	Business:	
	Cell/Other:	
Email: • Most WOA and AthMB communication is via email	Athlete:	
	Parent(s):	
Birthdate	Month	Day
		Year
Coach		

PERMISSION TO PARTICIPATE IN TRACK AND FIELD EVENTS

In consideration of my son/daughter/me being permitted to join Winnipeg Optimist Athletics (WOA), I, the undersigned _____, (insert name of parent or legal guardian or athlete's name if 18 years of age or over) of _____, (insert athlete's name if under the age of 18) hereby release and forever discharge Winnipeg Optimist Athletics, its directors, officials, agents, and coaches, or assigns, of and from all manner of actions, cause of action, suits, claims and demands whatsoever against Winnipeg Optimist Athletics, its directors, officials, agents, coaches or assigns for any loss, injury or death to my son/daughter/me and his/her/my property arising out of his/her/my participation in activities of Winnipeg Optimist Athletics. I, the athlete/the parent and/or guardian of the above-name athlete, hereby consent to my/his/her participation in any or all club programs offered under the auspices of Winnipeg Optimist Athletics.

 Signature of Parent / Guardian / Athlete (if 18 years of age or over)

 Date

<p>PRIVACY POLICY Your name and address information, including email address, will be used to correspond with you regarding your membership and current and future Winnipeg Optimist Athletics activities. We also maintain and publish records of athlete results. Your personal info will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving WOA reasonable notice in writing.</p> <p>From time to time, WOA makes its contact information available to other, carefully screened organizations (primarily sport organizations) that want to let you know about an event or service that might be of interest to you. If you do not want your contact info to be made available to third parties please check this box. <input type="checkbox"/></p>

**WINNIPEG OPTIMIST ATHLETICS (WOA)
VOLUNTEER COMMITMENT FORM
2011/12**

An athlete's membership in Winnipeg Optimist Athletics must be supported by his/her family. WOA and Athletics Manitoba (the sport governing body for track and field) need your contribution of time. If there are insufficient volunteers and officials available, there would be no competition for athletes. The time and value of a parent's involvement in their child's activities are priceless.

1. WOA-hosted event:

All families are asked to assist at Boeing Indoor Classic Track Meet (March 1-3, 2012) at Max Bell, University of Manitoba.

2. Athletics Manitoba events:

During the 2011/12 indoor and outdoor seasons, WOA families (athletes and parents) are also required to commit to three to four additional events (totalling 12 – 15 hours during the year) for volunteer service at Athletics Manitoba events. Dates and times will be confirmed through the Volunteer Coordinator and Phoning Committee.

I agree to fulfill my volunteer commitments to WOA and Athletics Manitoba and understand that failure to assist at required meets may jeopardize the membership of my athlete if I do not fulfill these commitments.

PRINT Athlete Name

Signature of Parent/Guardian/Athlete (if over 18)

Date