

# *Winnipeg Optimist Athletics*



## *2005 – 2006 Handbook*

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## ACKNOWLEDGEMENT

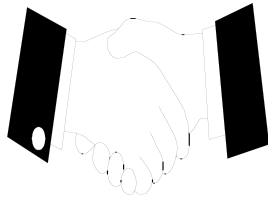
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Winnipeg Optimists Athletics (WOA) gratefully wishes to acknowledge the support it has received from its partners:

from the Optimist Club of Assiniboia for the past 25 years  
from Athletics Manitoba for the past 25 years  
from Boeing Canada for the past 24 years  
from The Running Room for many years

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

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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

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Athletes and their families are welcome to attend the monthly Parent Executive meetings, as well as the Annual General Meeting, which is held in conjunction with the annual registration:

- 2005/06 Membership Registration: October 5 + 6, 2005, 5:30 – 7:00 pm at Max Bell, 2<sup>nd</sup> Floor
- 2004/05 Annual General Meeting: October 6, 2005, 7:15 pm at Max Bell, 2<sup>nd</sup> Floor  
(immediately following registration)

# CLUB PROFILE

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## **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 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.

In 2004/05, senior WOA athletes provided clinics in sprints/hurdles, as well as horizontal jumps for the Canada Summer Games Prep Squad in March and July 2005.

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

Winnipeg Optimist Athletics offers the following:

- Covers entry fees for most competitions (see page 9 re national championships)
- Certified NCCP club coaches - in past years, Winnipeg Optimist coaches have been named Manitoba "Coach of the Year"
- Coaches with provincial and national team experience
- Specialized coaching in all track and field disciplines, as well as a multiple events program
- Individualized training programs
- Travel opportunities for athletes
- An annual banquet recognizing athletes' achievements
- A post-secondary academic/athletic scholarship
- Performance-based funding
- Legion Athletic Track Camp involvement at International Peace Gardens
- Official meet organization for the Boeing Classic, Provincial Indoor Track & Field Championships and the Ron Melnichuk Half Marathon and 5K Family Fun Run

## HIGHLIGHTS OF 2004/05

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For 2004/05, **Jack Booth** continued his term as President, **Larry Switzer** as Treasurer and **Carolynn MacKenzie** as Corporate Secretary. They are all members of the Executive Committee of the Board. **Doug Miller** was elected for a two year term.

WOA families and friends made a major contribution to the success of the National Senior Championships held in Winnipeg, July 14 – 17, 2005. WOA members were Committee Chairs for finance, media, doping control, food service, volunteers, media liaison and VIPs. WOA also provided a substantial number of volunteers for all areas during the three-day competition.

Medallists at the Senior National Championships included **Nathan Vadeboncoeur**, gold in the 400m; **Cliff Caines**, bronze in the Decathlon and **Jared MacLeod**, bronze in the 110mh.

**Chantal Grant** finished 5<sup>th</sup> in the 100m at the National Junior Championships held in Sherbrook PQ in July 2005.

Provincial and national team members included:

- Three athletes were selected for World University Games in Izmir, Turkey (**J. MacLeod**, **N. Vadeboncoeur** and **C. Caines**) along with **Claude Berube**, who was appointed middle and long distance coach. Jared won silver in 110mh, set a provincial record with a time of 13.54 sec and qualified for 2006 Commonwealth Games in Melbourne, Australia.
- **Jason Crowley** was one of five young athletes named to the Region Five team attending the North American Hershey Track & Field Championships held in Hershey, PA in August 2005.
- **Stefan Arnason**, a decathlete, was named to the national junior team that competed at the Pan American Junior Track & Field Championships in Windsor in July 2005.
- Ten athletes competed at the National Legion Track & Field Championships held in Edmonton AB in August 2005: **Alicia Boxill**, **Chantal Grant**, **Thomas Jansen**, **Greg Miller**, **Leah Montsion**, **Lyle Motluk**, **Lucas Rodewald**, **Stephanie Romanson**, **Deondra Twerdun** and **David Walford**.
  - Stephanie won gold medals in 400m and 800m and set provincial records in both events
  - Deondra earned a silver medal in Triple Jump
  - Lucas received a bronze medal in High Jump
- Approximately 30% of the Canada Summer Games team which competed in Regina in August 2005, comprised of WOA athletes and coaches:

Athletes:

- |                                |                                 |
|--------------------------------|---------------------------------|
| - <b>Amber Anseeuw</b>         | - <b>Kja Isaacson**</b>         |
| - <b>Alanna Boudreau*</b>      | - <b>Michael Kizinkewich***</b> |
| - <b>Jana-Rae Cassidy**</b>    | - <b>Chiazo Nnadi</b>           |
| - <b>Rachelle Dion</b>         | - <b>Stephanie Romanson**</b>   |
| - <b>Sharon Drake**</b>        | - <b>David Szczepaniak</b>      |
| - <b>Chantal Grant</b>         | - <b>Deondra Twerdun</b>        |
| - <b>Suleiman Haji-Warsame</b> | - <b>Aidan Wherrett</b>         |

\* Alanna won silver in triple jump

\*\* Jana-Rae, Sharon, Kja and Stephanie were on 4x400m relay that won bronze medal

\*\*\* Michael – won bronze in High Jump

Staff:

- |                       |                             |
|-----------------------|-----------------------------|
| - <b>Michael Dion</b> | - <b>Wayne McMahon</b>      |
| - <b>Cam Doroshuk</b> | - <b>Carolynn MacKenzie</b> |

- In 2005, **Stephanie Romanson** broke seven records in three events, breaking three 30-year old records!
  - 600 m Manitoba Indoor Midget Record - set January 29, 2005 at Cargill Games
  - 800 m Manitoba Outdoor Midget Record (previously set in 1975 by current WOA parent, Andrea Senchuk!)
    - Set initially on June 11, 2005 at Manitoba High School Provincial Championships (2:13.77).
    - Set again on August 6, 2005 in Edmonton at Legion Nationals (2:13.70).
    - And again on August 15, 2005 in Regina at Canada Summer Games (2:13.00).
  - 400m Manitoba Outdoor Midget Record
    - Set initially on July 4, 2005 (57.67). Previous record had been established in 1974.
    - Set again on July 23, 2005 in Regina (57.40)
    - And again on August 7, 2005 in Edmonton at Legion Nationals (57.01).
  
- **Michael Booth** won the Manitoba Marathon and is ranked fifth in Canada.

<b>WOA ANNUAL AWARDS for 2003/04</b>		
<b>Award</b>	<b>Male</b>	<b>Female</b>
Best Overall Hurdles	Jared MacLeod	Amber Anseeuw
Bet Overall Sprints	Nathan Vadeboncoeur	Chantal Grant
Best Overall Middle Distance	Peter Doroshuk	Nicole Edwards
Best Overall Jumps	Mike Kizinkewich	Alanna Boudreau
Best Overall Throws	Matt Weirsema	
Best Overall Combined Events	Cliff Caines	Peggy Hamilton
Outstanding PeeWee	Marc Nicholas	
Outstanding Bantam	Jason Crowley	Janelle Tougas
Outstanding Midget	Greg Miller	Stephan Romanson
Outstanding Juvenile	Stefan Arnason	Chelsea Breland
Outstanding Junior	Pablo Batista	Amber Anseeuw
Outstanding Athlete	Mike Booth	Alanna Boudreau
Ron Melnichuk Trophy	Mike Booth	
WOA Jim Lyon Executive Award	Laura Jansen * Jim Lyon Grant (\$100) split between outstanding male and female athletes for 2003/04 (M Booth/A Boudreau).	
WOA Executive Scholarship	Chiazo Nnadi	



**ATHLETICS MANITOBA AWARDS for 2003/04**  
**Held November 21, 2004 at Norwood Hotel**

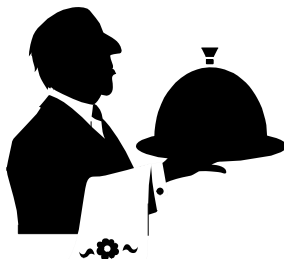
	<b>Female</b>	<b>Male</b>
<b>Athlete of the Year</b>	Darolyn Trembath	Michael Booth
<b>Age Class Athletes of the Year</b>		
Pee Wee	Kate Simes	Dale Morrison
Bantam	Brooklyn Dyce	Brandon Stevens
Midget	Chantal Grant	Greg Miller
Juvenile	Chelsea Breland Krista Stepa	Stefan Arnason
Junior	Nicole Edwards Amber Anseeuw	Sheldon Kilcullen
Senior	Lisa Whalen	Michael Booth
<b>Event Athletes of the Year</b>		
Sprints	Chantal Grant	Nathan Vadeboncoeur
Jumps	Alanna Boudreau	Leo Laramee
Hurdles	Kja Isaacson	Jared MacLeod
Throws	--	Tyler Plett Clinton Stevenson
Middle Distance	Darolyn Trembath	Erik Sproll
Distance	Melissa Armstrong	Michael Booth
Combined Events	Melanie Gregg	Clifford Caines
Road Runner	--	Keith Bilous
<b>Grand Prix Point Winners</b>		
Bantam	Janelle Tougas	Mackenzie Gajadhar
Midget	Stephanie Romanson	Thomas Jansen
Juvenile	Miranda Lajoie	Peter Doroshuk
Junior	Rachelle Dion	Sheldon Kilcullen
Senior	Alanna Boudreau	Clifford Caines
<b>Coaches of the Year</b>		
Elementary/Middle Years	Andy Tough (Whyte Ridge)	
High School	Scott Gurney	
Club	George Tanner (Flying M)	
<b>Volunteer of the Year</b>	Kathy Pettinger	
<b>Official of the Year</b>	Richard Winton	
<b>Marie Burgess Award for Officials</b>	Jae Pirnie	
<b>Rollie Matheson Award for Officials</b>	Jennifer Roy, Khalicia Pettinger, Carlyle Pettinger, Scott Murray	
<b>Elite Athlete Funding (approximately \$9,500)</b>	Alanna Boudreau Clifford Caines Nathan Vadeboncoeur Jared MacLeod Stefan Arnason Chantal Grant	Erik Sproll Darolyn Tembath Kristjan Hunter Nicole Edwards
<b>Elite Coach Funding (approximately \$3,750)</b>	Wayne McMahon Mike Dion Donna Kaye	Claude Berube Dianne Sproll Jill Neumann



## ANNUAL AWARD BANQUETS FOR 2004/05

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Held each fall, our recognition banquet attracts over 100 athletes, coaches, parents and guests. Athletes, coaches and sponsors are recognized for their successes and participation. Cash rewards include WOA free memberships and performance awards (based on placing at national championships), as well as the WOA Parent Executive Scholarship.



### **Winnipeg Optimist Athletics Awards Banquet**

The **Awards Banquet for 2004/05** will be held on Sunday, October 30, 2005, at approximately 12 noon at the Caboto Centre, 1055 Wilkes Avenue, 487-4597.

This event recognizes outstanding Age Class and Event athletes. Last year, several track and field athletes received financial support, which included National Team funding, a Parent Executive Scholarship, the Jim Lyon Parent Executive Award for Volunteerism and free memberships.

Tickets are subsidized and include taxes and gratuity:

- \$15 for adults/athletes (or child 13 years old and over)
- \$10 for children 12 years old and under
- tickets are available from Doug Miller at 488-1469 or [dgmiller@shaw.ca](mailto:dgmiller@shaw.ca)

### **Athletics Manitoba Awards Banquet**

The **Athletics Manitoba Awards Banquet** will be held at the Norwood Inn on Sunday, November 6, 2005. Each year, many WOA athletes and coaches are recipients of major provincial awards, including track and field, cross-country and road racing.

The Athletics Manitoba Athlete Development Funding is distributed at this event. In 2003/04, a total of \$13,250 in funding was awarded in grants ranging from \$100 to \$1,500. Eleven athletes received a total of \$9,500 for the 2004 Grand Prix Track meet series, Elite Athlete Funding and the Dave Lyon Legacy Grant. Seven coaches were awarded a total of \$3,750 for the success of their athletes. Recipients of funding from the Sport Manitoba Athlete Assistance Program (ManPlan) are also announced.

For information on tickets contact Athletics Manitoba at 925-5743 or [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca).

## WOA AWARDS/SCHOLARSHIPS

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### **Parent Executive Scholarship for 2005/06**

Each year at the WOA Annual Awards Banquet, the **Parent Executive** awards a \$200 post-secondary scholarship to deserving club athlete(s) who is returning to the club and the sport, 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](mailto:jbooth@mts.net).

Last year's recipient of the WOA Scholarship was **Chiazo Nnadi**.

### **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.

Previously called the Parent Executive Award, this award was renamed the Jim Lyon Parent Executive Award 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, a scholarship in the amount of \$100 will be awarded each year to an athlete recipient for the next five years. The scholarship has been 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.

The recipient last year was **Laura Jansen** and the scholarship money was shared between **Michael Booth and Alanna Boudreau**.

### **Performance Awards**

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

- First place = \$1,000
- Second place = \$ 750
- Third place = \$ 500

For 2004/05, the following athletes will receive awards for their performance at the Surin Group National Track & Field Championships held in Winnipeg in July 2005:

First Place - Nathan Vadeboncoeur, 400m in a time of 46.12 sec  
Third place - Jared MacLeod, 110mH in a time of 13.95 sec and  
- Cliff Caines, Decathlon with 7,014 points

Last year Alanna Boudreau received a performance award.

### **Funding for Self-funded National Teams**

In 2001 Athletics Manitoba increased its funding from \$250 to \$500 for athletes named to a self-funded Athletics Canada team, whereby the athlete is required to pay all or part of their expenses. This funding is matched by WOA and limited to one self-funded team per fiscal year.

For **2004/05**, \$500 will be awarded to the following athletes. This funding will be matched by Athletics Manitoba.

- **Nathan Vadeboncoeur**, World University Games, Izmir, Turkey
- **Jared MacLeod**, World University Games, Izmir, Turkey
- **Cliff Caines**, World University Games, Izmir, Turkey,

Last year funding was awarded to Cliff Caines and Michael Booth.

### **Free Membership for 2005/06**

Full member WOA athletes placing in the top six at the Canadian Senior Championships or in the top three at the Canadian Junior Championships will be awarded a free membership for the following year (value = \$150). The athlete is responsible for other fees (Athletics Canada/Manitoba membership and Exclusive Use Facility fee, etc.).

New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$80.00 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.).

For **2005/06**, free memberships will be awarded to:

- Nathan Vadeboncoeur, 400m, first place at National Senior Championships
- Jared MacLeod, 110mH, third place at National Senior Championships
- Cliff Caines, Decathlon, third place at National Senior Championships
- Alanna Boudreau, Triple Jump, fifth place at National Senior Championships
- Stefan Arnason, Decathlon, second place at National Junior Championships

Last year free memberships were awarded to:

- Alanna Boudreau, Jared MacLeod, Cliff Caines and Amber Anseeuw.

### **Entry Fees for out-of-town competitions**

- WOA will cover 100% of the entry fees for WOA sanctioned/sponsored club trips to out-of-town competitions.
- 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 - \$50 per event), compared to regular competitions (ranging from \$4.00 - \$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.



Applications should be submitted to:

Claude Berube  
Head Coach, Athletics  
Room 109  
Max Bell Centre  
University of Manitoba  
Winnipeg MB R3T 2N2

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

Recipients of the Larry Switzer/Wayne McMahon Scholarship include:

- 1999/2000 - **Mel McManus**, 4<sup>th</sup> year dentistry
- 2000/2001 – **Melanie Gregg**, a Masters student in Sport Psychology.
- 2001/2002 – **Michael Booth**, 3<sup>rd</sup> year Arts student
- 2002/2003 – **Jennifer Ervick**, 1<sup>st</sup> year Faculty of Law
- 2003/2004 – **Brian Walker**, 4<sup>th</sup> year Business Management
- 2004/2005 – **Kja Isaacson**

## **WOA-HOSTED EVENTS**

### **Boeing Classic, Provincial Indoor Track & Field Championships, March 3 - 5, 2006**

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. **All WOA families must help at the meet.**

Winnipeg Optimist Athletics is proud of its affiliation with Boeing of Canada as the host of this meet. Each year, Boeing contributes approximately \$13,000 in goods, cash and services, as well as 50 – 75 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 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

### **Ron Melnichuk Half Marathon & 5K Family Fun Run, August 2006**

In the past, there has not been a fall marathon in Manitoba to extend the competitive season after the Manitoba Marathon in June. In 2002, Winnipeg Optimist Athletics in cooperation with The Running Room, organized the first Ron Melnichuk Half Marathon at Bird's Hill Park.

The Ron Melnichuk Half Marathon encourages runners to continue training through the summer and offers the opportunity to display their athletic achievements by participating in a distance event in the fall. There have been approximately 500 participants each year since the inaugural event in 2002.

The Ron Melnichuk Half Marathon is in memory of a well known, elite distance runner and WOA coach. Ron lived in Manitoba and travelled around the world successfully competing and coaching with national teams at international events. Ron Melnichuk died in 2001.

WOA remembers and continues Ron's obsession for running and zest for life through this event. Monies raised are used for the further development of athletes and coaches in track and field and road racing. WOA will host clinics, camps and competitions to benefit athletes and coaches of all ages and levels.

Approximately 50 volunteers are required to assist at this event. **Support from all families is crucial to its continued success.**

In 2001, the Ron Melnichuk Award was created in memory of Ron. It is awarded annually to the best long distance athlete. Recipients include:

2000/01	Michael Booth
2001/02	Michael Booth
2002/03	Michael Booth
2003/04	Michael Booth

## **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 - 12 Bingos to WOA. The bingos are a major source of funding for our club. As a condition of these bingos, WOA must supply ten volunteers to work at each bingo, host a major competition and provide volunteers for assigned competitions.

At the time of registration, all athletes and/or their families are required to make a volunteer commitment for approximately five events during the indoor and outdoor seasons. Two of the five events, the **Boeing Classic** and the **Ron Melnichuk Half Marathon**, require all families to participate.

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** and **Ron Melnichuk Half Marathon** require 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, Publicity.

## FUNDRAISING OPPORTUNITIES

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### Bingos

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 - 12 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 the funding generated through the bingos.

- Supply 10 volunteers for each assigned bingo.
- Supply volunteers for assigned athletic competitions.
- Host a major competition during indoor/outdoor seasons (Boeing Classic + Ron Melnichuk Half Marathon).

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.

If you wish to participate in bingos, please contact Joe Romanson at 255-1236 or [jromanson@shaw.ca](mailto:jromanson@shaw.ca)

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 (\$150)
- Payment of Athletics Manitoba membership fee (\$13 - \$30)
- Payment of Athletics Manitoba Exclusive Use facility fee (\$275)

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.

### 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 for an athlete, \$15 (matched) will be credited to the athlete's account.**

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 25 years.



# UNIFORM NEWS

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WOA uniforms will be available at registration on October 5 + 6, 2005. If you have any questions, please contact Joan Miller at 488-1469 or [jmiller502@shaw.ca](mailto:jmiller502@shaw.ca).

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

## Singlets

- WOA offers singlets, locally made by Perfit Designs.
- The club does not carry special WOA shorts, but recommends navy or black shorts to complement the singlet.
- All athletes must wear a WOA singlet when competing on behalf of the club, as well as during medal/award presentations.
- Cost = \$32.00

## Bodysuits

- Bodysuits are made-to-measure by Mardi Newton of Perfit Design, 569 Cathcart, 896-3393.
- One and two piece body suits are available for women.
- A one-piece bodysuit with a front zipper and collar is available for men.
- Sketches of bodysuits and pricing will be available at registration.
- WOA cresting on the bodysuit is extra.



## Miscellaneous

The following items will be available for sizing at Registration. This is a one time offer and will only be available during registration (October 5 + 6, 2005). WOA will not carry an inventory of these items and will only accept prepaid orders during registration. Delivery will be approximately early December 2005.

- Black hoodies with zipper - \$43.00 (TBC)
- Black sweat pants - \$33.00 (TBC)
- Black long sleeved t-shirts - \$20.00 (TBC)



## TRAVEL OPPORTUNITIES

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

- Saskatoon, SK Sled Dog in January
- Calgary, AB Multiple Events in May
- Vancouver, BC Harry Jerome in June
- Kelowna, BC Jack Brow Memorial in July
- National Junior and Senior Championships in July
- National 10K Road Race Championships in Winnipeg in October
- National Cross Country Championships in November



WOA participated in an international exchange in 2000 and 2001 with the Apeldoorn AV '34 Track and Field Club in The Netherlands. Many wonderful friendships were gained through this experience which offers the opportunity for return to Europe in the future.

## PARENT CHAPERONES

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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 AGREEMENT

(To be completed prior to participation in out-of-province competition)

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.

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.

I have read and understand the above.

Signed \_\_\_\_\_ Dated \_\_\_\_\_  
Athlete

Signed \_\_\_\_\_ Dated \_\_\_\_\_  
Parent/Guardian (if athlete under 18)

**ATHLETICS MANITOBA FIXTURES for 2005/06**  
**TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

<b>2005 Cross Country</b>		
Thursday, September 8, 2005	Kilcona Trials, Mass Start	Kilcona Park
Friday, September 16	Ron Pynn Invitational	Grand Forks
Saturday, September 24	Birch Run	Roseisle
Saturday, September 24	Griak Invitational	Minneapolis
Saturday, October 1	U of Saskatchewan Open	Saskatoon
Thursday, October 13	MHSAA Provincial Cross Country	Roseisle
<b>Saturday, October 22</b>	<b>Athletics Manitoba Cross Country + Provincial Championships</b>	<b>LaBarriere Park</b>
Saturday, October 29	Stewart Cup	Edmonton
Saturday, November 12	CIS Championships	Halifax
Saturday, December 3	National Championships	Vancouver

<b>Tentative Indoor Schedule for 2005/06</b> <b>As of September 25, 2005</b>		
Friday, November 25, 2005	Black & Gold Intersquad	Max Bell
Saturday, December 3	Flying M Classic	<b>Max Bell</b>
<b>Thursday, December 8</b>	<b>Grand Prix #1</b>	<b>Max Bell</b>
<b>Friday, December 9</b>	<b>Grand Prix #2</b>	<b>Max Bell</b>
Saturday, January 14, 2006	Prairie Dual	Saskatoon
<b>Wednesday, January 18</b>	<b>Grand Prix #3</b>	<b>Max Bell</b>
Saturday, January 21	Minnesota Classic	Minneapolis
<b>Wednesday, January 25</b>	<b>Grand Prix #4</b>	<b>Max Bell</b>
<b>Thursday, January 26</b>	<b>Track Attack #1</b>	<b>Max Bell</b>
Saturday, February 4	Cargill Games (University)	Max Bell
<b>Tuesday, February 7</b>	<b>Track Attack #2</b>	<b>Max Bell</b>
Friday, February 10	Cargill Age Class	Max Bell
Saturday, February 11	Cargill Age Class	Max Bell
Friday, February 10	Iowa State Classic	Ames, Iowa
Saturday, February 11	Iowa State Classic	Ames, Iowa
<b>Thursday, February 16</b>	<b>Track Attack #3</b>	<b>Max Bell</b>
<b>Thursday, February 16</b>	<b>Grand Prix #5 + Multiple Events Championship</b>	<b>Max Bell</b>
<b>Friday, February 17</b>	<b>Grand Prix #6 + Multiple Events Championship</b>	<b>Max Bell</b>
<b>Tuesday, February 21</b>	<b>Track Attack #4</b>	<b>Max Bell</b>
Friday, February 24	Canada West Championships	Edmonton
Saturday, February 25	Canada West Championships	Edmonton
Thursday, March 2	Boeing Indoor Classic	Max Bell
<b>Friday, March 3</b>	<b>Boeing Indoor Classic + Provincial Championships</b>	Max Bell
<b>Saturday, March 4</b>	<b>Boeing Indoor Classic + Provincial Championships</b>	Max Bell
Thursday, March 9	CIS Championships	Saskatoon
Friday, March 10	CIS Championships	Saskatoon
Saturday, March 11	CIS Championships	Saskatoon
<b>Tuesday, April 11</b>	<b>Athletics Manitoba Elementary Relays</b>	<b>Max Bell</b>

Athletics Manitoba  
200 Main Street  
Winnipeg, Manitoba R3C 4M2  
PH: (204) 925-5743 FAX: (204) 925-5792  
[athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca) [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**PARENT EXECUTIVE FOR 2005/06  
as of October 2, 2005**

Position	Name	Home	Business	Fax	Email
President	Jack Booth	831-5805	781-5866(cell)	831-8211	<a href="mailto:jbooth@mts.ca">Jbooth@mts.ca</a>
Vice President	Doug Miller	488-1469			<a href="mailto:dgmiller@shaw.ca">dgmiller@shaw.ca</a>
Treasurer	Michael Gravenor	832-9098			<a href="mailto:mgravenor@shaw.ca">mgravenor@shaw.ca</a>
Secretary	Carolynn MacKenzie	489-0036	774-1624	783-3824	<a href="mailto:Themackenzies@shaw.ca">Themackenzies@shaw.ca</a>
Membership	Teresa Demeule	801-0648			<a href="mailto:tdemeule@mts.net">tdemeule@mts.net</a>
Uniforms	Joan Miller	488-1469			<a href="mailto:jmiller502@shaw.ca">jmiller502@shaw.ca</a>
Bingo Coordinator	Joe Romanson	255-1236			<a href="mailto:jromanson@shaw.ca">jromanson@shaw.ca</a>
Phoning/Communications	Laura Jansen	253-9465			<a href="mailto:Rick.Jansen@shaw.ca">Rick.Jansen@shaw.ca</a>
Club Records	Shirley Allan Boudreau	489-2293		489-7606	<a href="mailto:shirlab@mts.net">shirlab@mts.net</a>
Director of Activities/ Coaching Coordinator	Larry Switzer	885-5714 782-0981(cell)	888-8930 x 231	896-6251	<a href="mailto:Larry.switzer@shaw.ca">Larry.switzer@shaw.ca</a>
Athletics Manitoba 200 Main St. Winnipeg R3C 4M2 <a href="http://www.athleticsmanitoba.com">www.athleticsmanitoba.com</a>	Donna Bell, Exec Dir Evelyn Thordarson Diana Stevens, Prog Coord		925-5745 925-5743 925-5744	925-5792	<a href="mailto:Dbell_athleticsmb@shaw.ca">Dbell_athleticsmb@shaw.ca</a> <a href="mailto:Athleticsmb@shaw.ca">Athleticsmb@shaw.ca</a> <a href="mailto:diana_stevens@shaw.ca">diana_stevens@shaw.ca</a>



## WOA COACHING STAFF FOR 2005/06 As of September 30, 2005

Name	Phone	Event	Email
Larry Switzer <sup>1</sup>	885-5714	Coaching Co-ordinator	<a href="mailto:Larry.switzer@shaw.ca">Larry.switzer@shaw.ca</a>
Wayne McMahon <sup>2</sup>	261-0467	Jumps, Multiple Events	<a href="mailto:gwmcmahon@shaw.ca">gwmcmahon@shaw.ca</a>
Dermot McDonald		Jumps	<a href="mailto:Dermotmacdonald@canoemail.com">Dermotmacdonald@canoemail.com</a>
Cam Doroshuk <sup>3</sup>	697-0364	Middle Distance	<a href="mailto:camkarl@shaw.ca">camkarl@shaw.ca</a>
Glenn Bruce <sup>4</sup>	261-3173	Sprints	<a href="mailto:athletic@total.net">athletic@total.net</a>
Alanna Hinrichsen <sup>5</sup> (nee Yakiwchuk)	338-9896	Sprints	<a href="mailto:aghinrichsen@shaw.ca">aghinrichsen@shaw.ca</a>
Russ Zacharias	474-1626	Sprints	<a href="mailto:Rzacharias757@hotmail.com">Rzacharias757@hotmail.com</a>
Darryl Harrison	284-7384	Sprints	<a href="mailto:Umharr01@cc.umanitoba.ca">Umharr01@cc.umanitoba.ca</a>
Dallas Mooney	261-0942	Sprints	<a href="mailto:dmooney@kteldrugmart.com">dmooney@kteldrugmart.com</a>
Shawn Cross	831-7981	Sprints	<a href="mailto:Shawn.cross@gmail.com">Shawn.cross@gmail.com</a>
Adam Toffan	775-6927	Jumps/Hurdles	<a href="mailto:Solo_pv@hotmail.com">Solo_pv@hotmail.com</a>
Scot Dressler	888-2788	Pole Vault	<a href="mailto:scotydspvskillz@hotmail.com">scotydspvskillz@hotmail.com</a>
Mike Booth <sup>6</sup>	781-4075	Middle Distance	<a href="mailto:mbooth@mts.net">mbooth@mts.net</a>
Cathy Cullen		Middle Distance	<a href="mailto:Ccullen33@hotmail.com">Ccullen33@hotmail.com</a>
Chris McCubbins		Distance	Affiliated Coach <sup>7</sup> - Contact L Switzer
Tico Cornejo		Distance	Affiliated Coach - Contact L Switzer
Claude Berube		Distance	Affiliated Coach - Contact L Switzer

### <sup>1</sup> 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

### <sup>2</sup> 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:
  - 110mh bronze medallist at 2005 National Senior Championships (J MacLeod)
  - Decathlon bronze medallist at 2005 National Senior Championships (C Caines)
  - High Jump bronze medallist at 2005 Regina CSG (M Kizinkewich)

### <sup>3</sup> Cam Doroshuk

- Event Coach, Western Canada Summer Games, Selkirk 2003
- Event Coach, Canada Summer Games, Regina 2005

<sup>4</sup> Glenn Bruce – Personal coach of 2005 National Senior 400m champion (N Vadeboncoeur)

<sup>5</sup> Alanna Hinrichsen - Personal coach of 2005 women's 4x400 bronze medallist team at 2005 CSG (S Drake, J Cassidy, K Isaacson, S Romanson)

<sup>6</sup> Michael Booth – Winner of 2005 Manitoba Marathon

<sup>7</sup> Affiliated Coaches coach WOA athletes however, they are affiliated with other organizations. Effective October 2004, all member athletes must train with a WOA coach, or coach affiliated/accredited by WOA.

## FEES FOR 2005/06 As of September 30, 2005

Winnipeg Optimist Athletics	Fee	Payable to	Includes
WOA <u>Annual</u> membership - September 2005 to August 2006	\$150.00	Winnipeg Optimist Athletics (WOA)	<ul style="list-style-type: none"> <li>• Meet entry fees (\$4/event)</li> <li>• Coaching honorariums</li> <li>• 50% National Championships entry fee</li> <li>• Travel opportunities</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• Subsidized tickets for Awards Banquet</li> </ul>
WOA Uniform - Singlet or - Bodysuit	- \$32.00  - TBA	Winnipeg Optimist Athletics (WOA)	<ul style="list-style-type: none"> <li>• WOA competition uniform to be worn when competing for WOA (rather than school team).</li> <li>• Includes Boeing Classic, Outdoor and Cross Country Prov Championships and other events when WOA pays meet entry fees.</li> </ul>
WOA Summer Membership Covers April – August 2006	\$80.00	Winnipeg Optimist Athletics (WOA)	See above

Note:

<sup>1</sup> New athletes under the age of 13 as of December 31 are eligible for reduced membership (\$80) for first year with Winnipeg Optimist Athletics. Athlete is responsible for other fees (i.e. Athletics Canada/Manitoba membership, Exclusive Use Facility fee, etc).

<sup>2</sup> WOA summer only membership: Athlete is responsible for Athletics Canada/Manitoba membership and Outdoor Users fee (\$30).

ATHLETICS CANADA/MANITOBA MEMBERSHIP FEES FOR 2005/06			
Age Group	Year Of Birth	AthMB membership	UofM Facility Use Pass (Swipe Card)
Pee Wee (11 and under)	1995 + later	\$30.00 - for all age groups	\$225.00 - for PeeWee, Bantam, Midget athletes (under age of 15 yrs)
Bantam (12-13)	1993, 1994		
Midget(14 – 15)	1991, 1992		
Juvenile (16 – 17)	1989, 1990		\$275.00 - for Juvenile, Junior, Senior and Masters athletes.
Junior (18 – 19)	1987, 1988		
Senior (20 and over)	1986 + earlier		
Masters	1966 + earlier		

- Note:**
- Cheques should be made payable to Athletics Manitoba and forwarded to 200 Main Street, Winnipeg MB R3C 4M2, Phone: (204) 925-5743; Fax: (204) 925-5792; Email: [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca); Website: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com).
  - An athlete must be a FULL member of Athletics Manitoba to compete in Athletics Manitoba-sanctioned events.
  - If an athlete is not a member of Athletics Manitoba, a Day Membership may be purchased for \$5.00, on a one-time only basis.
  - The one-time only \$5.00 Day Membership will be credited towards an Athletics Manitoba membership, if an athlete becomes a member in the future.
  - An athlete will be unable to compete at future Athletics Manitoba events until they are a FULL member of Athletics Manitoba.
  - Athletes named to WOA, Provincial or National teams and/or receiving WOA, Provincial or National funding must be a member of Athletics Manitoba.

Paid: Cash \_\_\_ Cheque \_\_\_  
 Amount: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 AthMB #: \_\_\_\_\_

## WOA MEMBERSHIP APPLICATION 2005/06

Attach cheque and forward to:  
 Teresa Demeule  
 663 Buchanan Blvd.  
 Winnipeg MB R2Y 1M6  
 801-0648 or [tdemeule@mts.net](mailto:tdemeule@mts.net)

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: Note: Most WOA and AthMB communication is via email	Athlete:	
	Parent(s):	
Birthdate		
	Month	Day
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

#### 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.

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.

# WOA VOLUNTEER COMMITMENT FORM

## 2005/06

An athlete's membership in Winnipeg Optimist Athletics must be supported by his family. WOA and the sport of Athletics (track and field) need your contribution of time, not money. If there are insufficient volunteers and officials available, there will be no competition for athletes. Money cannot replace the time and value of a parent's involvement in their child's activities.

I agree to work at **BOTH** WOA-hosted events. **Participation by all families is COMPULSORY.**

<input type="checkbox"/>	Boeing Indoor Classic Track Meet	March 3 - 5, 2006	U of M, Max Bell
<input type="checkbox"/>	Ron Melnichuk Half Marathon	late August 2006	Bird's Hill Park

I am unable to meet this volunteer commitment and agree to pay 2 x \$40 = \$80  
**Payment due immediately and must be included with membership fee.**

I agree to work **one** of the following events (approx. 3 hrs each). Please indicate your preference.

<input type="checkbox"/>	Optimist Christmas Tree Sale	mid-December 2005	Canadian Tire, Unicity
<input type="checkbox"/>	Last Chance Meet (Grand Prix #1)	December 8, 2005	U of M, Max Bell
<input type="checkbox"/>	Grand Prix #3	January 18, 2006	U of M, Max Bell
<input type="checkbox"/>	Grand Prix #5	February 16, 2006	U of M, Max Bell
<input type="checkbox"/>	Grand Prix #6	February 17, 2006	U of M, Max Bell

I am unable to meet this volunteer commitment and agree to pay 1 x \$40 = \$40.  
**Payment due immediately and must be included with membership fee.**

I agree to work **two** of the Outdoor Meets (approx. 3 hrs. each). Please indicate your two preferences. **Dates TBC.**

<input type="checkbox"/>	Grand Prix	May 2006	U of M, Pan Am Stadium
<input type="checkbox"/>	Grand Prix	June 2006	U of M, Pan Am Stadium
<input type="checkbox"/>	Provincial Outdoor Championships	June 2006 (3 different sessions)	U of M, Pan Am Stadium
<input type="checkbox"/>	National Senior Championships	July 2006	U of M, Pan Am Stadium
<input type="checkbox"/>	Grand Prix	August 2006	U of M, Pan Am Stadium

I am unable to meet this commitment and agree to pay 2 x \$40 = \$80.  
**Payment due immediately and must be included with membership fee.**

**I agree to fulfill my volunteer commitments to WOA and the sport of Athletics**, and understand that I will be charged \$40 per session to a maximum of five sessions (5 x \$40 = \$200), if I do not fulfill these commitments.

\_\_\_\_\_  
PRINT Athlete Name

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

\_\_\_\_\_  
Date