



WELCOME

Welcome to the Vancouver Thunderbirds Track and Field Club. Please read the first three pages before filling out the registration form. As we continue to grow, we constantly examine the ways in which we can better serve our membership. This handbook is designed to help streamline questions you might have, and to give you some pertinent information. Please keep it handy throughout the year, and feel free to send an email with suggestions for next year's handbook. This document was last revised on March 29, 2012.

CONTACTS

NAME	CAPACITY	PHONE	EMAIL
Chris Johnson	Middle distance and distance coach Director	604-818-5317 c 604-222-5809 w	cjohnson@stgeorges.bc.ca
Graeme Fell	JD head coach Cross country head coach Director	604-266-8879 h	runner@intergate.bc.ca
Byron Jack	Intermediate power/speed coach	604-999-3936 c	bjack@uvic.ca
James Buhlman	Senior Power Speed, Multi Events coach:		coachbuhlman@yahoo.com
Larry Blaschuk	Jumps coach Grade 10 and over Director	604-873-4205 h	lsblaschuk@hotmail.com
John Bird	Club President Director Distance coach	604-224-7479 h	skyemax@telus.net
Allison deVisser	Uniform Coordinator	604-224-6637 h	acdev@telus.net
Mary Ann Lo	Meet Registrar,	604-266-2908 h	Run-mlo-run@shaw.ca
Marcus Watson	Javelin		
Lela Ling	Registrar	604-261-4316 h	Lela_Ling@yorkhouse.ca
Laurier Primeau	High Performance Coordinator Director	604-897-0212 c	Laurier.primeau@twu.ca

CLUB COMMUNICATION

Club information is disseminated in a number of ways. It is important to be aware of our communication methods so that you remain up to date.

1. Once or twice per year we do a mail-out. This is usually information pertaining to the Annual General Meeting, the club banquet, and other pieces of news that are important for parents to know about, but that athletes might not otherwise pass on.
2. Our website is an excellent source of club news, structure, scheduling and philosophy. Please look us up at www.thunderbirdstrack.org. We try to include all results on the site, and there are some excellent track and field links to sites in BC and around the world.
3. Things can change after the practice and meet schedules have been posted to the website and it is sometimes necessary for us to send out club emails informing members of the alteration. Email is also a good method for us to seek meet entry requests and to ask for volunteer service when we have upcoming club events. Occasionally this has been a point of communication breakdown for us because we have only the athlete email address, and parents are left without current information. This year's registration form asks for both parent and athlete email addresses – please ensure that both are listed. On occasion you may receive duplicate emails from different staff. We apologize for this, but it is occasionally necessary to ensure that we contact all athletes.

THUNDERBIRD PROGRAM OFFERINGS

The Vancouver Thunderbirds has something for everyone. We espouse three philosophies, depending on the age of our members.

GRADE 7 AND UNDER:

For this age group we are a community based, grass roots track and field club that encourages athletes to try new events, improve ones that they are already good at, and to participate in many activities outside of our sport. Cross Country programs are offered from September to November. Indoor conditioning practices run from December to Spring Break, and outdoor track begins in March. The club emphasizes that at this age specialization and personal training is strongly discouraged. Sometimes it is the young athlete who is requesting the additional training, and it is up to the parent to hold the athlete back rather than risk 'burnout' by 'giving them what they want'. Performance is not the focus of this age group, and studies show that successful performance for athletes grade 7 and younger has virtually no correlation to success at older ages. The purpose of the practices for this age group is to develop basic competency in each event so that they may have a more fulfilling experience at track and field meets.

GRADE 8 – 10:

We are a provincially recognized club that splits its training groups into endurance and power/speed categories at this intermediate level. Practice times and days vary depending on the event group. At this age group we place an emphasis on fun and participation, coupled with the potential for highly competitive provincial and national competitions. There is opportunity to represent regional teams and for team travel. It is important to consult the coaches about the events you want to do and the practice times that are appropriate for your events. More specific training is available at this age group, and athletes tend to start to focus on one or two event groups (ie jumps and sprints, or middle and long distance).

UPPER HIGH SCHOOL, UNIVERSITY AND OPEN:

Highly specialized training regimes, periodization and year-round training have helped to put our athletes on teams that travel throughout North America, Europe, South America and Asia. These athletes aspire to the pinnacle of the sport. Consultation and planning with the Thunderbirds' coaches is required at this level. While not all our athletes in this age group are elite, it is expected that athletes of all abilities are highly committed to training and competing.

EXPECTATIONS

PARENT EXPECTATIONS

The Vancouver Thunderbirds is a young club, but we are quickly becoming recognized at the National level. A major reason for this is the strength of our parent volunteer base. Without you, coaches would be required to put greater energy into administration and less time into coaching itself. As such, the Executive expects that parents can be called upon for assistance at a minimum of two club functions per year. The more we can share the workload, the easier for all, and the more coaching your children can receive.

Further to the volunteer expectations, the Vancouver Thunderbirds emphasizes to parents that your children participate in track and field for their enjoyment – not yours – and we expect that parents will be active in espousing the philosophy of pressure-free participation at the junior development level for young athletes. Sometimes the source of pressure is from athletes themselves (not the parents), and it is important for parents to support the club philosophy that athletes in grade 7 and under do not seek specific personal training – it is better to leave a young athlete wanting more track and field experience than to give them excessive protocols.

ATHLETE EXPECTATIONS

Our expectations for attendance at practice are based on the Long Term Athlete Development Model. Coaches would like to see athletes at most practices, but there are no 'cuts' for absences. While we are here to help athletes improve, the coaching staff understands that children have many activities. There is, however, a strong correlation between attendance and athletic improvement. For more information on attendance, consult your coach – there are different expectations for different age groups. For example, at the 'grade 11 and over' age group the correlation between practicing and improving becomes stronger, and the principle of training specificity is an important ingredient for success. Therefore, the expectations at this age group are more rigid than they are for our junior development athletes.

At all competitions, it is expected that club members will wear the Vancouver Thunderbirds singlet. Other pieces of clothing can be purchased, however only the singlet is mandatory. For sizing and cost and inquiries about other track and field garments, please contact Allison deVisser (phone and email listed under 'club contacts').

Behavioural expectations include: appropriate use of language; enthusiastic participation in all practice activities when in attendance; respect for other athletes' right to learn and participate, respect for coaches' efforts and directions; and respect for oneself.

COACH EXPECTATIONS

Parents and athletes can expect that coaches will provide a safe environment for athletes in which to train. Further, coach conduct is governed by the same rules as athlete behavioral expectations (read above).

CLUB EXPECTATIONS

The Vancouver Thunderbirds continues to expand, and as we grow we revisit and enhance our athlete support policy. In addition to what the club provides, we are on an ongoing search for funding in the community for club athletes. The funding policy does not apply to any athlete who leaves the club before the end of the membership year, nor to athletes who have received a membership discount or are seasonal members. The current policy provides for athletes to receive the following:

AGE GROUP	COACHING DAYS OFFERED	BC AGE GROUP CHAMPION SHIPS	NATIONAL AGE GROUP CHAMPIONS HIPS
15 & younger	4 / week	Up to 4 events paid	Not applicable
16/17 years	4-5 / week	Up to 3 events paid	Not applicable
18/19 years	5 -6 / week	Up to 3 events paid	Entry fee paid*
20 & older	5 -6 / week	Up to 2 events paid	Entry fee paid*

- If athletes do not make a provincial team but do make the meet entry standard and choose to attend the National Age Group Championships as a club member, The Vancouver Thunderbirds will pay the entry fee.
- Athletes who have not committed to the volunteer efforts of the club will relinquish their right to club funding.



**VANCOUVER THUNDERBIRDS
TRACK AND FIELD CLUB
2012 MEMBERSHIP APPLICATION**

Application Date: _____
MM DD YY

New BCA
 Renewing BCA - # _____ - _____

Birthdate: _____
MM DD YY

Male Female

Name: _____
Last First Middle Initial

Address: _____
Street City Prov P.C.

Res. Ph: () _____ **Cell Ph:** () _____ **Other:** () _____

Parent email (if under 19) _____

Athlete email: _____

Country of Birth

Citizenship – date Landed Immigrant status granted if applicable

Type of BC Athletics membership applied for:

Athlete: J.D. Juvenile Junior Senior Master Training [non compete]

Non-Athlete: Associate Coach Official

Supporting & Participation: Supporting Track Rascals (office use – BCA FEE - _____)

BC AMATEUR ATHLETICS ASSOCIATION SPORT SAFETY / ACKNOWLEDGEMENT OF RISK

The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by BC Athletics, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

Signatures: Athlete: _____ Parent or Guardian: _____

Vancouver Thunderbirds Membership Fee Structure (Ages as of Dec. 31st in membership year):

Age	Club Membership Category:	BCA	Fee	Fill in ↓
8-15	2012 Track & Cross Country Seasons (JD & Youth)	Yes	\$450.00	
16/17	2012 Track & Cross Country Seasons (Juvenile)	Yes	\$525.00	
18/19	2012 Track & Cross Country Seasons (Junior)	Yes	\$525.00	
20+	2012 Track & Cross Country Seasons (Senior or Master)	Yes	\$525.00	
All	Seasonal Track and Field (Mar 15-Jul 31 2012)	Yes	\$350.00	
UBC	Post Varsity Season	Yes	\$275.00	
Other university	Post Varsity Season – this membership is for renewing members only	Yes	\$275.00	
All	2012 Cross Country seasonal (Sep 1-Nov 15 2102)	Yes	\$265.00	
All	2012 School Track Season (March 20-June 15 2012)	Yes	\$260.00	
	Discounts:			
	Sibling Discount (First child full price)		(\$50.00)	
	Pay before December 31 st 2012 – only available on renewing \$450.00 and \$525.00 level 2013 memberships		(\$25.00)	N/A
	Deposit:			
All	Separate cheque dated 9/30/2012 – returned uncashed with 5 hours volunteer work		\$75.00	
TOTAL AMOUNT PAID				\$

I hereby apply for membership in the Thunderbirds Track and Field Club as an active member and as such am committed to participating in all fundraising activities that the club undertakes:

Date _____ Signature of applicant _____
(guardian signature if under 19)

IMPORTANT: The track club compiles a contact list of its members that includes athletes' names, phone numbers and email addresses only. This list will be sent to members so that they may contact other athletes for transportation and social purposes. We WILL NOT include you on this list unless we have your approval. Please initial here (guardian initials if under 19) if you wish to be included on the contact list:

Initial: _____

PARENTAL AUTHORIZATION FOR MEDICAL SURGICAL TREATMENT

I, _____ (parent or guardian) authorize an adult representative of Vancouver Thunderbirds Track and Field Club to act in my place if I can not be located, to provide consent for medical or surgical treatment for _____ (athlete's name) for any condition which in a medical practitioner's opinion would adversely affect the athlete by undue delay.

Signature: _____ Date: _____

VANCOUVER THUNDERBIRD TRACK AND FIELD CLUB WAIVER CLAUSE

In consideration of your accepting my child's application for membership in the Vancouver Thunderbird Track and Field Club (the "Club"), I forever release and discharge the Club, its directors, officers, coaches, employees and agents (collectively the 'participants') from any and all actions, damages, claims, demands, costs and expenses whatsoever which might arise by reason of traveling to or from or participating in training session or competitions whether or not incurred by the negligence of an Participant, and I agree to indemnify and save harmless the Participants, their personal representatives, successors and assignees, against and from all damages, claims, demands, costs and expenses which may hereafter be brought or made against them by or on behalf of myself/my child because of travelling to or from or participating in training sessions or competitions whether or not incurred by the negligence or any of the Participants, except to the extent and amount covered by accident or liability insurance or both.

Signatures:

Date _____ Applicant _____ Parent/Guardian if under 19: _____

Cheques payable to " Vancouver Thunderbirds". Return completed membership application forms & both cheques to your coach or to:

*John Bird
1861 Tolmie Street,
Vancouver, B.C.
V6R 4B9*

For additional information please call (604) 224-7479 or email: johnbird1861@gmailcom

MEDICAL HISTORY

BC Carecard number: _____ family physician: _____ physician's phone: _____

Contact person if parent not available: _____ contact person's phone number: _____

CHECK IF YOU HAVE EVER SUFFERED FROM ANY OF THE FOLLOWING:

ALLERGIES (Specify) _____ DIABETES ____ ASTHMA ____
HEART DISEASE ____ RECURRING HEADACHES ____ SIEZURES ____
BLACKOUTS ____ CHEST ____ PAIN ____
YEAR OF LAST TETANUS SHOT ____ DO YOU USE CORRECTIVE LENSES? ____
SPECIFY INJURIES _____
OTHER ILLNESSES OR SURGERY _____

LIST ANY CONDITIONS WHICH MAY AFFECT YOUR ABILITY TO PARTICIPATE IN TRACK AND FIELD

VOLUNTEER WORK

The Club Relies On The Following Events To Raise Money. Parents Of Athletes 17 And Under And Athletes 18 And Over Please Indicate A Minimum Of Two Events That You Are Willing To Commit To:

1. ____ Annual Banquet and Silent Auction, November, 2011
2. ____ Annual Manure Sale, Flyer Delivery Last Week of February. Manure Delivery, March 2012. Mandatory For All Athletes, But Parent Help is Required (We Really Need Help Here).
3. ____ Longest Day 10k Road Race, On The UBC Campus, June 2012
4. ____ Harry Jerome International Track Classic, Set Up On June 9th, meet is on June 10th 2012. Help Is Required On Both Days.

Please Detach The Last Two Pages And Return To Your Coach. Keep The First Three Pages For Your Files.