# Track and Field - KLO

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| **To stay in touch with the latest information for KLO Track and Field check the website at** [**www.wardman.weebly.com/KLOtrack**](http://www.wardman.weebly.com/KLOtrack)**. Also, feel free to text coach, Chad Wardman, at 250-317-8967 if information is needed; or email at chad.wardman@sd23.bc.ca** Dear Parent(s):This year we are lucky to have up to 5 very qualified coaches working with your child. Ms. Pavlik, who set a provincial record in the 400m, certified track coach, Mr. Wardman, PE teacher and trained coach, Mr. Dickie, who was also a track star, and Mr. Lowe-Walker, who is a jumping expert, is running the pits. Ms. Stanley, who is a world champion many times over in rowing, and an expert in hammer throw and other throwing events, will also be coming to help out.We wanted to take this opportunity to put in write our coaching philosophy and my goals for your child and the team this season. Track and Field can be an exciting and fun opportunity for your child to learn and develop new skills, learn to work hard, and have fun. As fun as it can be for your child, different expectations from the coach, parent(s), and player can take away from that positive experience in a number of ways. As you read through the letter, please make sure that our philosophy fits with your expectations of what you want for your child:* We believe that kids gain confidence and a love for the sport through positive feedback from parents, coaches, and other players. Skill level develops at different rates for kids, but hard work, effort and having fun can always be achieved. We try to always provide positive feedback for effort.
* Teamwork and developing friendships is an important part of any team sport. We always try to tell the kids how important it is for them to support each other and to always be positive towards their teammates.
* Competition is an important element of any sport and as kids grow they naturally become more competitive. We feel our role, and that of the parents, is helping the kids develop the ability to deal with competition in a healthy way. Effort and attitude is our focus. If we can achieve that, chances are we'll win the number of meets that we are capable of winning. We do offer every opportunity for high level athletes to be as successful as possible.

**KEY DATES AND TIMES:****TRAINING TIMES:****Wednesdays/Thursdays** - Training at school 3:30 - 4:45, April 4th through May 4th, continuing Wed, May 9th for Valley bound athletes, ending late May for those who are provincial bound. Practices will be at the school, with an occasional visit to the track for specialty events.**MEETS:****Tuesdays** - April 10th through May 1st - **Apple Bowl meets**.  Time: 3:45 - 7:00pm - Bussing provided from school and back to school. Students can leave from Apple Bowl with parents**Zone Championships –** Tuesday, May 8th – 9 am-5pm**Valley Championships** – Tuesday, May 15th, Kamloops, BC – 7am-8pm (8's, 9's)**Provincials** – Thursday, May 31st to Sat. June 2nd – Langley, BC (8's and 9's only)**TWILIGHT meets (optional)**- At Apple Bowl (Tentative) - Must find own way there and back. This is an optional meet for serious athletes and is put on by the Okanagan Athletics Club. There is a cost of between $10-$15 and athletes must cover on their own. Dates will be told to students in advance.**DUES**In order to cover the team costs of additional equipment, team fees, TOC costs for the coach, and other incidentals, a fee must be charged. This fee is composed of a basic athletic fee of $25 charged by the school which covers our equipment and facilities, plus an additional $35 to cover the costs of running the club.This year's **Track and Field fee of $60** is payable by April 10th. Failure to pay the fee before this time may jeopardize the opportunity to compete as athletes must be registered shortly after this date. Nor will unpaid athletes be able to receive a jersey needed to compete on April 10th. **Payment will be ONLINE, and available after Spring Break.****PARENT SUPPPORT**Parent support is always important. Most importantly, unconditional moral support and positive reinforcement is the best support you can provide. Getting out and training with your aspiring athlete would be amazing. Also, we acknowledge the important role you play in picking up and dropping off at different times; thank you for that. **Parents wishing to help with training, please text or email Chad Wardman at the contact information provided.** We can provide more stations and more supervision during practices with more parent involvement. Thanks in advance. Indicate what dates and times you could be available.We are looking forward to a fun, rewarding and successful season. If you have any questions or concerns, please don't hesitate to call or email me.Sincerely, on behalf of all our coaches,Head Coach - Chad Wardman(250) 317-8967 Chad.Wardman@sd23.bc.ca |
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