



Winnipeg Optimist Athletics 2013-14 Handbook

Upcoming Events

1. **WOA Parent Executive Committee meetings**
 - Athletes and their families are welcome and encouraged to attend.
 - Meetings are informal and held approximately every two months.
 - Members of the Parent Executive Committee take turns hosting a meeting at their home.
2. **Athletics Manitoba Awards Banquet for 2012/13:**
 - Friday, November 4, 6:30 – 9:00 pm
 - Norwood Hotel
 - For ticket info, contact chris.belof@shaw.ca or 925-5745
3. **WOA Team Gear/Swag for 2013/14**
 - Early November 2013 (date to be confirmed)
 - Trackside, Max Bell Fieldhouse, UofM
 - See Page 13 for more info.
4. **WOA Parent Info Night for NEW members**
 - Early November 2013 (immediately FOLLOWING Swag night)
 - Seminar Room B, 2nd Floor, Max Bell
 - See Page 13 for more info.
5. **Boeing Indoor Classic, February 27, 28 and March 1, 2014**
 - See Pages 9 + 10 for more info.

Table of Contents

ACKNOWLEDGEMENT.....	3
CLUB PROFILE.....	4
ANNUAL AWARDS BANQUET.....	5
OUTSTANDING AGE CLASS AND EVENT ATHLETES FOR 2012/13.....	5
TEAM AWARDS FOR 2012/13.....	6
WOA AWARDS/SCHOLARSHIPS.....	7
WOA-HOSTED EVENTS.....	9
VOLUNTEER REQUIREMENT.....	10
FUNDRAISING OPPORTUNITIES.....	11
UNIFORM AND TEAM GEAR SWAG.....	13
PARENT CHAPERONES.....	14
WOA ATHLETE TRAVEL POLICY.....	15
WOA PARENT EXECUTIVE FOR 2013/14.....	16
WOA COACHING STAFF FOR 2013/14.....	17
WOA MEMBERSHIP FEES.....	18
MEMBERSHIP APPLICATION.....	19

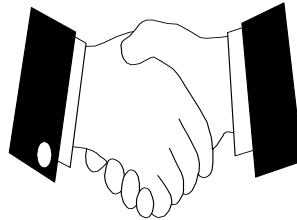
ACKNOWLEDGEMENT

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

The Optimist Club of Assiniboia¹
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”.



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.

¹ Effective October 1, 2013, The Optimist Club of Assiniboia closed its chapter as an organization. We extend a special thank you to the Optimists for their continuous support to our club over the past 34 years.

Winnipeg Optimist Athletics is exploring options regarding its namesake.

CLUB PROFILE

In the beginning ...

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" awards and nominations.
- 100% coverage of all local meet entry fees, and up to 50% for national competitions (see page 8 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 awards 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.

ANNUAL AWARDS BANQUET

Winnipeg Optimist Athletics Awards Banquet

Each year, in the Fall, an Awards Banquet is held to recognize outstanding Age Class and Event athletes. Tickets for the event are subsidized.

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 (\$250).

OUTSTANDING AGE CLASS AND EVENT ATHLETES FOR 2012/13

Announced at Annual Awards Banquet on September 27, 2013

Award	Male	Female
Best Overall Hurdles	Eric Guy	Taylor Sprague
Best Overall Sprints	Wilfred Samking	Tara Duma
Best Overall Middle Distance	Mathieu Desmarais	Jennie Baragar Petrash
Best Overall Jumps	Alhaji Mansaray	Tamara Paetsch
Best Overall Throws	Paul Ryberg	Keara Andrew
Best Overall Combined Events	Wyatt Eyford	Robyn Wear
Outstanding PeeWee	Konrad Dyck	Aspen Baker
Outstanding Bantam	Tony Vishnevsky/Mathieu Indome	Ashton Stewart
Outstanding Midget	James Kenny	Madisson Lawrence
Outstanding Youth	Chad Enns	Robyn Wear
Outstanding Junior	Eric Guy	Samantha Allegro
Outstanding Masters		Teresa Logozar
Outstanding Athlete	Alhaji Mansaray	Jennie Baragar Petrash
Ron Melnichuk Distance Award		Emma Kusch-Dahle
WOA Executive Award	Shauna Wear	
WOA Executive Scholarship	Eric Guy	

SPECIAL RECOGNITION AWARDS FOR 2012/13

Training Group	Athletes
Rory McIntyre	Levi Sader, Brayden Schindell, Sophia Mbabaali
Alanna Boudreau	Luxon Glor
Wayne McMahon	Abdul Sesay, Light Uchechakwu

TEAM AWARDS FOR 2012/13

1. Hershey: Mathieu Indome

2. Midget/Youth Tri Provincial Team

Andrew	Keara
Baragar-Petrash	Jennie
Hoffman	Noah
Hussein	Jibril
Kenny	James
Lawrence	Madisson
Ready	Owen
Savard	Reece

Anderson	Quinn
Duma	Tyra
Glor	Luxon
Goulet	Raija
Guerra	Belinda
Kusch Dahle	Emma
McLeod	Rachael
Ready	Tarina
Savard	Braeden
Wear	Robyn
Yankey	Borzah

3. Youth and Midget Legion Nationals

Anderson	Quinn
Baragar-Petrash	Jennie
Britton	Erika
Duma	Tyra
Enns	Chad
Guerra	Belinda
Hochman	Justin
Hurdal	Quenton
Kenny	James
Kusch Dahle	Emma
Murphy	Aidan
Rajamohan	Rithikha
Ready	Tarina
Ready	Owen
Teschuk	James
Wear	Robyn

4. Juniors Nationals

Samantha Allegro
Oyinko Akinsola
Alyssa Bewski
Steven Barios Novak
Ryan Croy
Wyatt Eyford
Eric Guy
Alhaji Mansaray
Gee-ef Nkwonta
Melissa Richards
Levi Sader
Brayden Schindel



5. Canada Games

Akinola	Oyinkansola
Allegro	Samantha
Buchanan	Arthur
Croy	Ryan
Eyford	Wyatt
Gundrum	Amanda
Hole	Kaleigh
Huebert	Sarah
Mansaray	Alhaji
Novak B	Steven
Ogungbemi	Sade
Paetsch	Tamara
Richards	Melissa
Rydberg	Paul
Sader	Levi
Samking	Wilfred
Stewart	Madison

WOA AWARDS/SCHOLARSHIPS

WOA Parent Executive Scholarship

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, 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, jbooth@mymts.net.

Recipient of the Parent Executive Scholarship for 2013/14 was Eric Guy.

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.

A scholarship was created and donated by Shirley Lyon, the wife of Jim Lyon. 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. In the event that the award is presented to a member of the Club other than an athlete, the scholarship amount is 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 of Jim Lyon Award for 2012/13 was Shauna Wear, Uniform Chair.

Performance Awards

Athletes placing in the top three at National Championships will receive training assistance for following year in amounts of:

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

Funding for Self-funded National Teams

- **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.
- **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.

Free/Reduced Membership

- Full member WOA athletes will be awarded a free membership (value = \$250) for the following year 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 **2013/14**, free memberships and training assistance were awarded to Eric Guy and Alhaji Mansaray based on their performance at National Junior Championships.

- 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

- **Local Competitions:** WOA will cover 100% of all local meet entry fees (\$5/event) sanctioned/approved by WOA or recognized organizing societies.
- **Out-of-town Events:** 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.
- **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 (October 2013 to September 2014), 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 – September 2014), 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 (at University of Manitoba)

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 each year.

For further information, please contact:
Financial Aid & Awards,
University of Manitoba
204- 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 – **Haley Sigurdson**
- 2012 – **Paul Ryberg**
- 2013 – **To be announced**

WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships (February 27, 28 and March 1, 2014)

The Boeing Elementary Relays will be held on **Thursday, February 27, 2014**.



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, 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 significantly 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
- 2011 - Nathan Vadeboncoeur, WOA
- 2012 – Bryan Barnett, Unattached
- 2013 - Nicole (Edwards) Sifuentes

VOLUNTEER REQUIREMENT

In recent years, WOA membership has averaged approximately 200 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.

At the time of WOA registration, all athletes and their families are asked to make a volunteer commitment for:

- WOA-hosted, **Boeing Indoor Classic** – 2 shifts/family (approximately 4-6 hours/shift)
- **Athletics Manitoba** events – 3-4 events during the indoor/outdoor seasons (totaling 12-15 hours)

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, Social Events, Recruitment/Advertising/Marketing, Phoning/Communications/Volunteers, Social Media/Website Management, Trip Convenor, Parent Coordinator/Liaison with Coaches, Coaches/Coaching Assistants and Representatives to the Board of Athletics Manitoba.
- The **Boeing Classic** requires special project management teams. Committees include Lead Organizers, Set up/Take Down, Meet Entries, Meet Registration, Food Service, Security, Finance, Photography, Manpower/Volunteer Recruitment, Boeing Program Advertising, Boeing Program Assembly, Results, Announcing, Trophies/Medals and Publicity.
- Each year, **Athletics Manitoba** allocates approximately 14 bingo spots per fiscal quarter to WOA. The bingos are a major source of funding for our club. The Athletics Manitoba Bingo contract requires WOA to supply volunteers for the designated bingos, host a major indoor and outdoor competition and provide volunteers for Athletics Manitoba competitions.
- Please see Page 21 for Volunteer Commitment Form for 2013/14 which outlines complete list of areas where volunteers are required.

FUNDRAISING OPPORTUNITIES

Athletics Manitoba distributes bingo spots 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 14 bingo spots, assigned on a quarterly basis. The bingos are held at either the McPhillips or Regent Casinos.



WOA Bingo Commitment:

WOA has 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 specific competitions designated by Athletics Manitoba.
- Host a major competition during indoor/outdoor seasons (Boeing Indoor Classic)

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.

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) Expenses eligible 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) Expenses eligible for unmatched funds
 - Purchase of athletic equipment related to the sport.
 - Payment of WOA membership fee (\$250)
 - Payment of Athletics Manitoba membership fee (\$50)
 - Payment of Athletics Manitoba Exclusive Use facility fee (\$245)

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.

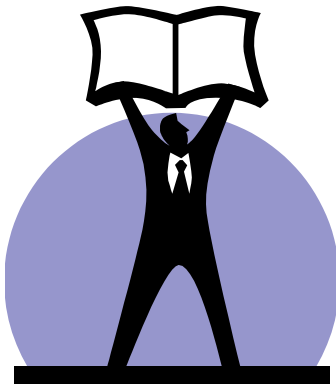
Bingo responsibility and consequences:

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.

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.



**Advertising Program for Boeing Indoor Classic,
February 27, 28 and March 1, 2014**

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 AND TEAM GEAR SWAG



WOA Singlets:

New members must purchase a WOA singlet at time of Registration and the 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.

Athletes must wear a WOA singlet and appropriate running shorts when competing on behalf of the club, (i.e. WOA has paid the entry fee), and when athlete participates in a medal/award presentation.

Sample sizes of the WOA singlet will be available at Registration on **October 21, 22, 2013** (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.

WOA Team Gear/Swag for 2013/14

Date:	Early November 2013 (date to be confirmed)
Time:	5:30 - 7:00 pm
Place:	Trackside, Max Bell Fieldhouse, UofM
Items available:	Windsuits (jacket & pants), sweat pants & hoodies, T-shirts & bags Sample sizes will be available on Swag night.
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 Team Gear/Swag and will only accept prepaid orders on the above date. No late orders will be accepted.

For more information concerning Uniforms or Team Swag, please contact Shauna Wear at shauna@camparnes.com.

Parent Info Night – for NEW members

Date:	Early November 2013 (date to be confirmed)
Time:	7:00 – 8:00 pm (immediately following Team Gear/Swag)
Place:	Seminar Room B, 2 nd Floor, Max Bell
Purpose:	Wayne McMahon will host an info session for athletes/parents new to WOA and will provide an overview of long term athlete development.
Note:	Topics will include coaching, training, competitions, travel opportunities, bingos and matched funding, fundraising opportunities, volunteer requirements, etc.

For more information concerning Parent Info Night, please contact Wayne McMahon at 204-261-0467 or gwaynemcmahon@gmail.com.

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 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 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 must 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.

**WOA PARENT EXECUTIVE FOR 2013/14
as of October 18, 2013**

Position	Name	Contact	Email
President	Jack Booth	204-422-5248	jbooth@mymts.net
Vice President	Doug Miller	204-488-1469	dgmiller@shaw.ca
Treasurer	Michael Gravenor	204-832-9098	gravenorm@gmail.com
Secretary	Carolynn MacKenzie	204-489-0036	themackenzies@mts.net
Membership	Sowmya Rajamohan	204-219-6105	crsowmya@gmail.com
Uniforms/Team Swag	Shauna Wear	204-643-5356	shauna@camparnes.com
Bingo Coordinator	Melanie Hurdal		hurdalm@gmail.com
Phoning/Communications	Patti Fergusson	204-487-2474	pfergusson@mts.net
Director of Activities/ Coaching Coordinator	Larry Switzer	204-885-5714	larry.switzer@shaw.ca

Athletics Manitoba
145 Pacific Ave
Winnipeg
Phone – 204-925-5745
Fax – 204-925-5792
www.athleticsmanitoba.com

ATHLETICS MANITOBA'S
Schedule for Indoor Season, 2013/14
is available online

http://athleticsmanitoba.com/events/files/pdf/forms/13_tentative_2013-2014_schedule.pdf



WOA COACHING STAFF FOR 2013/14
As of October 18, 2013

Name	Event	Email	Phone
Larry Switzer ¹	Coaching Co-ordinator	larry.switzer@shaw.ca	204-885-5714
Wayne McMahon ²	Jumps, Multiple Events	gwaynemcmahon@gmail.com	204-261-0467
Rory McIntyre	Sprints	rorydmcintyre@gmail.com	
Alanna Boudreau	Horizontal Jumps	aboudy139@gmail.com	
Melanie Gregg	High Jump	m.gregg@uwinnipeg.ca	
Scott Radley	Middle Distance	swradley@gmail.com	
Cam Doroschuk	Middle Distance	camkarl@shaw.ca	
David Gudmundson	Middle Distance	dbg@mymts.net	
Scot Dressler	Pole Vault	scot.dressler@gmail.com	
Theresa Logozar	Pole Vault	stlogozar@mts.net	
Stephen Katopodis	Junior Development, Jumps, Sprints	steve_katopodis@hotmail.com	
Shawn Cross	Junior Development	shawn.cross@gmail.com	204-930-8572
Patrick Beckett	Jumps, Sprints	patrickbeckett93@live.ca	
Shane Smith	Junior Development	shaner44@mts.net	(204) 883-2579
Mathieu Desmarais	Junior Development	mathieu.desmarais@yahoo.ca	
Tamara Paetsch	Junior Development	tpaetsch94@hotmail.com	
Taylor Sprague	Junior Development	taylorsp@mymts.net	
Melissa Richards	Pole Vault	melissa-richards@hotmail.com	
Steven Barrios-Novak	Pole Vault	steven7142128@hotmail.com	
Abdul Sesay	Junior Development		
Oyinko Akinola	Junior Development		
Ge-eef Nkwonta	Jumps, Sprints		

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.

WOA MEMBERSHIP FEES

Updated October 25, 2013

Type of WOA Membership	Fee	Benefits include
<p>Annual Regular Membership:</p> <ul style="list-style-type: none"> • WOA Membership October 2013 to September 2014 • Athletics Manitoba Indoor/Outdoor Training fees • Athletics Manitoba Sport Membership <p style="text-align: right;">TOTAL</p> <ul style="list-style-type: none"> • WOA Singlet (if required, add \$35) <p style="text-align: right;">TOTAL (including Singlet)</p>	<p>\$250</p> <p>\$245</p> <p><u>\$ 50</u></p> <p>\$545</p> <p><u>\$ 35</u></p> <p>\$580</p>	<ul style="list-style-type: none"> • Meet entry fees (\$5/event) • Indoor/Outdoor Exclusive Use, Training and Coaching Fees • 50% National Championships entry fee • Travel opportunities • Opportunity to open athlete account and access matched funding
<p>New members under the age of 13 as of December 31, 2013 are eligible for reduced WOA membership fee in first year:</p> <ul style="list-style-type: none"> • WOA Membership, October 2013-September 2014 • Athletics Manitoba Indoor/Outdoor Training fees • Athletics Manitoba Sport Membership • WOA Singlet (<u>Mandatory</u>) <p style="text-align: right;">TOTAL (including Singlet)</p>	<p>\$150</p> <p>\$245</p> <p>\$ 50</p> <p><u>\$ 35</u></p> <p>\$480</p>	<ul style="list-style-type: none"> • Meet entry fees (\$5/event) • Indoor/Outdoor Exclusive Use, Training and Coaching Fees • 50% National Championships entry fee • Travel opportunities • Opportunity to open athlete account and access matched funding
<p>Summer Membership:</p> <ul style="list-style-type: none"> • WOA Membership, April to September 2014 • Athletics Manitoba Outdoor Training fee • Athletics Manitoba Sport Membership <p style="text-align: right;">TOTAL</p> <ul style="list-style-type: none"> • WOA Singlet (if required, add \$35) <p style="text-align: right;">TOTAL (including Singlet)</p>	<p>\$125</p> <p>\$ 50</p> <p><u>\$ 50</u></p> <p>\$225</p> <p><u>\$35</u></p> <p>\$260</p>	<ul style="list-style-type: none"> • Meet entry fees (\$5/event) • Outdoor Exclusive Use, 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 ineligible for performance awards or free membership based on placing at national championships. • WOA competition singlet must be worn when competing for WOA and WOA pays meet entry fees.
<p>Associate Membership (for University Athletes)</p> <ul style="list-style-type: none"> • WOA Summer Membership, April–September 2014 <p>Deposit (Fall 2013)</p> <p>Balance (Spring 2014)</p> <p style="text-align: right;">TOTAL</p> <ul style="list-style-type: none"> • WOA Singlet (if required, add \$35) <p style="text-align: right;">TOTAL (including Singlet)</p>	<p>\$ 5</p> <p><u>\$120</u></p> <p>\$125</p> <p><u>\$35</u></p> <p>\$160</p>	<ul style="list-style-type: none"> • UofM Athletes who intend to take out a WOA Summer Membership in Spring 2014 are encouraged to register their intent in Fall 2013, through payment of a deposit (\$5) in Fall 2013, and balance in Spring 2014 (\$120). • The \$5 Deposit will be applied towards the 2014 Summer Membership fee (\$125 - \$5 = \$120) • WOA competition singlet must be worn when competing for WOA (rather than UofM) and WOA pays meet entry fees.
<p>WOA Singlet (mandatory for all NEW members)</p> <ul style="list-style-type: none"> • Available from Uniform Chair <p style="text-align: right;">Singlet</p> <p style="text-align: right;">or</p> <p style="text-align: right;">Bodysuit</p>	<p>\$ 35</p> <p>TBD</p>	<ul style="list-style-type: none"> • WOA competition singlet must be worn when competing for WOA (rather than school team) and 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 Chair, Sowmya Rajamohan.

• Membership fees are payable by cheque to WINNIPEG OPTIMIST ATHLETICS, forwarded to Sowmya Rajamohan.

Sowmya Rajamohan
28 East Oak Drive, Winnipeg MB R3X 0B6
crsowmya@gmail.com

For info on WOA Singlet or Team Swag/Gear, please contact Uniform Chair, Shauna Wear.

• Uniform fees are payable by cheque to WINNIPEG OPTIMIST ATHLETICS, forwarded to Sowmya Rajamohan (above).

Shauna Wear
shauna@camparnes.com
204-643-5356 or 204-641-1079

FOR WOA USE ONLY:
 Paid: Cash ___ Cheque ___
 Amount: _____
 Date: _____
 AthMB #: _____

WINNIPEG OPTIMIST ATHLETICS (WOA)

MEMBERSHIP APPLICATION

October 2013 to September 2014

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

Athlete Name:	First:	Last:	Female / Male
Date of Birth:	(dd/mm/yy):	Training Group	Athlete Cell: Athlete Email:
Age Group:	<input type="checkbox"/> PEEWEE (Ages 11 & under) <input type="checkbox"/> BANTAM (Ages 12 & 13) <input type="checkbox"/> MIDGET (Ages 14 & 15) <input type="checkbox"/> YOUTH (Ages 16 & 17)	<input type="checkbox"/> JUNIOR (Ages 18 & 19) <input type="checkbox"/> SENIOR (Ages 20 to 34) <input type="checkbox"/> MASTERS (Ages 35 & over) <input type="checkbox"/> ASSOCIATE (University Students)	
Athlete Citizenship:	Citizenship (required): <input type="checkbox"/> Canadian Citizen <input type="checkbox"/> Landed Immigrant <input type="checkbox"/> Student Visa <input type="checkbox"/> Other:	Date of Immigration (if Landed Immigrant) (dd/mm/yy):	Country of Birth (required):
Mother/Guardian's Name:	First:	Last (if different):	Email (required):
Father/Guardian's Name:	First:	Last (if different):	Email (required):
Athlete/Parent Address:	Apt/Street: City:		Province: Postal Code:
Telephone:	Home: • Mother: • Father: • Guardian:	Cell: • Mother: • Father: • Guardian:	Work: • Mother: • Father: • Guardian:
Membership Type: <i>(check box)</i>	Annual (see attached Membership Fees for 2013/14, outlining types and benefits of membership): <input type="checkbox"/> New Member - <u>13 years of age & over</u> = \$580 (includes singlet) <input type="checkbox"/> New Member - <u>under the age of 13 as of Dec 31st, 2013</u> = \$480 (includes singlet) Returning Member: <input type="checkbox"/> \$545 (if no singlet required) <input type="checkbox"/> \$580 (includes singlet) Associate: <input type="checkbox"/> \$125 (if no singlet required) ; \$5 Deposit payable in Fall 2013, balance (\$120) in Spring/2014 Summer 2014: <input type="checkbox"/> \$225 (if no singlet required); <input type="checkbox"/> \$260 (includes singlet)		
WOA Singlet (\$35)	<input type="checkbox"/> Yes (<i>Singlet mandatory for all NEW members (\$35 included in above New Member fees)</i> <i>(If 'Yes', Associate Membership, please add \$35 to the Membership fees)</i> <input type="checkbox"/> No		
Medical Information	Please provide detailed info concerning any Allergies or Medical conditions that we should know about (i.e. asthma - inhaler required, food allergies, etc): Athlete Name: _____ Allergies: _____ • carries EpiPen: <input type="checkbox"/> Yes <input type="checkbox"/> No • wears MedicAlert bracelet: <input type="checkbox"/> Yes <input type="checkbox"/> No Other: _____		
Signature of Parent / Guardian / Athlete (if 18 years of age or over)		Date	

Permission to Participate in Track and Field Events

1. In consideration of my son/daughter/me being permitted to join Winnipeg Optimist Athletics (WOA), I, the undersigned _____, (insert name of parent/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/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.

Initial: _____

2. Terms & Conditions

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 Winnipeg Optimist Athletics (WOA) 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.

Initial: _____

3. Personal Waiver

Athlete/family name and address information, including email address, will be used to correspond with you regarding your membership, and to send you information about current and future Winnipeg Optimist Athletics (WOA) events and information. Winnipeg Optimist Athletics may also contact you to conduct research and surveys in an effort to continually improve our programs and events. We also maintain and publish records of athletic results. Athlete personal information 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 us reasonable notice.

Winnipeg Optimist Athletics uses photographs for a variety of projects. As such, Winnipeg Optimist Athletics collects on an ongoing basis, individual and group photos, in and around athletic events. These photos are used, but not limited to, the promotion of track and field, road running, cross country events and programs, or the sport association itself. In signing the membership form, you waive the ownership of any photographic records taken by Winnipeg Optimist Athletics and agree to permit Winnipeg Optimist Athletics to use your image, or your child's image (in photographic, digital, or electronic form) for and in Winnipeg Optimist Athletics publications, posters, website or other media, without limitation, and agree to not make any claim for misappropriation of personality, breach of privacy, or other loss or damages against Winnipeg Optimist Athletics in respect thereof.

I agree to inclusion of my name(s), or my child's name(s), in publishing results and posting of pictures.

Initial: _____

4. Email Waiver

From time to time Winnipeg Optimist Athletics (WOA) makes its contact information available to other carefully screened organizations (primarily sport organizations) that want to inform you of an event or service that might interest you.

I give permission for my or my child's email address to be made available to carefully screened organizations.

Initial: _____

If you do not want your contact info to be made available to third parties, please check this box.

5. Respect in Sport (Please indicate if have completed 3 hour online program)

	<u>Yes</u>	<u>No</u>	<u>Interested</u>
• Athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Official	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Volunteer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Volunteer Commitment

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.

a) WOA-hosted event:

All families are required to assist at the Boeing Indoor Classic Track Meet (February 27, 28 and March 1, 2014) at Max Bell, University of Manitoba (2 shifts/family, approximately 4 hours/shift)

b) Athletics Manitoba events:

During the 2013/14 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.

c) Please indicate an area of interest or expertise, that you may be able to assist WOA. Athletes and their families are needed to help in all areas of our club and our sport.

- Parent Executive Committee**
- year-round positions (approx 6 mtgs/yr):
- Treasurer
 - Secretary
 - Membership
 - Uniforms
 - Bingo
 - Fundraising
 - Social Events
 - Recruitment/Advertising/Marketing
 - Phoning/Communications/Volunteers

- Coaching or**
Officiating (Manitoba Track & Field Officials Association)
- Trip Convenor
 - Parent Coordinator/Liaison with Coaches
 - Coaching/Coaching Assistant
 - Officiating
 - Representative to the Board of Athletics Manitoba

- Boeing Classic Organizing Committees** - special project management teams (2 – 3 mtgs per year).
- Lead Organizers
 - Set up/Take Down
 - Meet Entries
 - Meet Registration
 - Food Service
 - Security
 - Finance
 - Photography
 - Manpower/Volunteer Recruitment
 - Boeing Program Advertising
 - Boeing Program Assembly
 - Results
 - Announcing
 - Trophies/Medals
 - Publicity

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.

 Name of Parent/Guardian (please print)

 Contact Phone Number and Email



I have read and completed Pages 1-3, Sections 1-6, of the membership form for 2013/14 for Winnipeg Optimist Athletics.

 Name of Athlete (please print)

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

Date: _____