

***Winnipeg Optimist Athletics***  
***<http://winnipegoptimistathletics.ca/>***



## Table of Contents

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<b>ACKNOWLEDGEMENT.....</b>	<b>3</b>
<b>CLUB PROFILE.....</b>	<b>4</b>
<b>ANNUAL AWARDS BANQUET .....</b>	<b>5</b>
<b>OUTSTANDING AGE CLASS AND EVENT ATHLETES FOR 2013/14.....</b>	<b>5</b>
<b>TEAM AWARDS FOR 2013/14 .....</b>	<b>6</b>
<b>WOA AWARDS/SCHOLARSHIPS .....</b>	<b>7</b>
<b>WOA-HOSTED EVENTS.....</b>	<b>10</b>
<b>VOLUNTEER REQUIREMENT.....</b>	<b>11</b>
<b>FUNDRAISING OPPORTUNITIES .....</b>	<b>12</b>
<b>UNIFORM AND TEAM GEAR SWAG.....</b>	<b>14</b>
<b>PARENT CHAPERONES .....</b>	<b>15</b>
<b>WOA ATHLETE TRAVEL POLICY .....</b>	<b>16</b>
<b>WOA PARENT EXECUTIVE FOR 2014/15.....</b>	<b>17</b>
<b>WOA COACHING STAFF FOR 2014/15.....</b>	<b>17</b>
<b>ATHLETICS MANITOBA UPDATE .....</b>	<b>18</b>
<b>ATHLETICS CANADA UPDATE.....</b>	<b>18</b>
<b>WOA MEMBERSHIP FEES FOR OCTOBER 2014 – SEPTEMBER 2015.....</b>	<b>19</b>

## ACKNOWLEDGEMENT

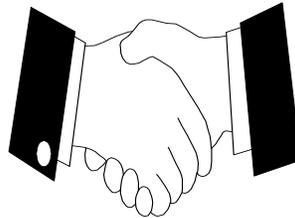
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Winnipeg Optimists Athletics (WOA) gratefully wishes to acknowledge the support it has received from its partners:

### The Optimist Club of Assiniboia Athletics Manitoba Boeing Canada

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

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



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.

## CLUB PROFILE

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### **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.

### **WOA Parent Executive Committee:**

- The Parent Executive committee acts as a liaison between the athletes and coaches and the Club. The purpose of the committee is to offer advice and guidance on Club activities, and provide support in many areas including communications, recordkeeping, fundraising, etc. (see complete list on page 11).
- Meetings are informal and held approximately every two months.
- Athletes and their families are welcome and encouraged to attend.
- Members of the Parent Executive Committee take turns hosting a meeting at their home.

## ANNUAL AWARDS BANQUET

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### 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 (up to \$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 2013/14

Announced at Annual Awards Banquet on September 12, 2014

Award	Male	Female
<b>Best Overall Hurdles</b>	Eric Guy	Madisson Lawrence Erika Britton
<b>Best Overall Sprints</b>	Wilfred Samking	Claudia Parrot
<b>Best Overall Middle Distance</b>	Colton Peters	Jennie Baragar-Petrash
<b>Best Overall Jumps</b>	Oyinkansola Akinola	Tyra Duma
<b>Best Overall Throws</b>	Borzah Yankey	Keara Andrew
<b>Best Overall Combined Events</b>	Wyatt Eyford	Robyn Wear Deborah Adekayode Anika Alfonzo
<b>Outstanding PeeWee</b>	Victory Agrebesola	Anika Alfonzo
<b>Outstanding Bantam</b>	Mathieu Indome	Aspen Baker
<b>Outstanding Midget</b>	John Olukoju	Ashton Stewart
<b>Outstanding Youth</b>	James Teschuk	Jennie Baragar-Petrash
<b>Outstanding Junior</b>	Eric Guy	Brooke-Lynn Boyd
<b>Outstanding Masters</b>	Anthony Straker	
<b>Outstanding Athlete</b>	Alhaji Mansaray	Jennie Baragar-Petrash
<b>Ron Melnichuk Distance Award</b>		Emma Kusch-Dahle
<b>WOA Jim Lyon Parent Executive Award</b>	Patrick Bennett (\$100.00)	
<b>WOA Parent Executive Scholarship</b>	Robyn Wear (\$200.00)	

## TEAM AWARDS FOR 2013/14

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1. **Hershey:** Colton Peters

2. **Midget/Youth Tri Provincial Team**

Erika Britton, Madisson Lawrence, Ashton Stewart, Kirtsen Hurdal, Rithika Rajamohan, Claudia Parrott, Keara Andrew, Justin Hochman, Chris Crawford, Mathieu Indome, Dominic O'Meara, John Olukoju, Joseph Barkman, James Teschuk, Edward Bosnjak, Andrea Bosnjak, Jennie Baragar-Petrash, Emma Kusch-Dahle, Colton Peters, Testimony Aregbesola

3. **Youth and Midget Legion Nationals**

Erika Britton, Madisson Lawrence, Ashton Stewart, Claudia Parrott, Keara Andrew, Justin Hochman, Chris Crawford, Jennie Baragar-Petrash, Emma Kusch-Dahle, Colton Peters, Joseph Barkman, James Teschuk

4. **Juniors Nationals**

Midget Boys: Colton Peters

Midget Girls: Ashton Stewart, Erika Britton, Madisson Lawrence, Keara Andrew

Youth Boys: Justin Hochman, James Teschuk, Joseph Barkman, Brodie Gill, Isaac Henry, James Kenny, Chris Crawford

Youth Girls: Tyra Duma, Claudia Parrott, Jennie Baragar-Petrash, Emma Kusch-Dahle

## WOA AWARDS/SCHOLARSHIPS

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### 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.

The recipient of the Parent Executive Scholarship for 2014/15 was Robyn Wear.



### Jim Lyon Parent Executive Award for Volunteerism

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 2013/14 was Patrick Bennett.

### Performance Awards

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

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

Eric Guy received \$300.00 for 1<sup>st</sup> place finish in 110mH at 2014 National Junior Championships and Alhaji Mansaray received \$500.00 for 3<sup>rd</sup> place in High Jump at 2014 National Senior Championships.

## 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 Facility fees, etc.).

For **2014/15**, free memberships and training assistance were awarded to Eric Guy for 1<sup>st</sup> place finish in 110mH at 2014 National Junior Championships and Alhaji Mansaray for 3<sup>rd</sup> place in High Jump at 2014 National Senior Championships.

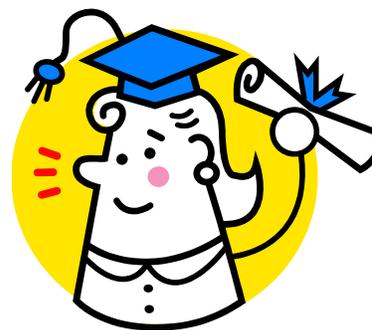
- New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$125 for their first year with WOA. The athlete will be responsible for other fees (i.e. Athletics Canada/Manitoba membership, Facility fee, etc.).
- A reduced training fee may be available for out-of-town athletes, depending on circumstances. Please contact Larry Switzer for more information. Larry can be reached at [larry.switzer@shaw.ca](mailto:larry.switzer@shaw.ca).

## 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 2014 to September 2015), 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 2015), 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 \$350 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**, 4<sup>th</sup> 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**, 4<sup>th</sup> year, Business Management
- 2004 – **Kja Isaacson**, 2<sup>nd</sup> 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 – **Ryan Croy**, University 1 (from Selkirk, MB)
- 2014 – **To be announced**

## WOA-HOSTED EVENTS

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### **Boeing Classic, Provincial Indoor Track & Field Championships (March 6 and 7, 2015)**

The Boeing Elementary Relays will be held on **Thursday, March 5, 2015**.



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. For more info, visit website at [www.boeingtrackandfield.com](http://www.boeingtrackandfield.com).

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
- 2014 – Jay Ort, Carman, Manitoba

## VOLUNTEER REQUIREMENT

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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 one bingo per month, with approximately four spots 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.
- The Volunteer Commitment Form is part of the Membership Application Form. It provides a complete list of areas where volunteers are required, and must be completed at time of Registration. The Membership Application Form is available online at WOA website (<http://winnipegoptimistathletics.ca/>) and Athletics Manitoba website (<http://athleticsmanitoba.com/resources/clubs/>).

## FUNDRAISING OPPORTUNITIES

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Athletics Manitoba distributes bingo spots to clubs on a quarterly basis, based on a percentage of club membership. WOA receives about one bingo per month, with up to four spots. The bingos are held at either the McPhillips or Regent Casinos.

Bingos are the single, major source of revenue for WOA and an excellent fundraising opportunity for our athletes.



### 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 volunteers as specified 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 (\$70)
  - Payment of Athletics Manitoba facility use 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,  
March 5, 6 and 7, 2015**

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

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### 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 28 and 29, 2014** (Max Bell Fieldhouse, Seminar Room B, 2<sup>nd</sup> 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 2014/15

Date:	Date and location to be confirmed
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)
Note:	WOA will not carry an inventory of <b>Team Gear/Swag</b> and will only accept prepaid orders on date offered. No late orders will be accepted.

### Parent Info Night – for NEW members

Date:	Date and location to be confirmed
Purpose:	Wayne McMahon will host an info session for athletes/parents new to WOA to provide an overview of long term athlete development.  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](mailto:gwaynemcmahon@gmail.com).

## TRAVEL OPPORTUNITIES

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

- Regina, SK February
- Houston, Texas – Training Camp mid-May
- 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

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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 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

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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 2014/15  
as of October 29, 2014**

<b>Position</b>	<b>Name</b>	<b>Contact</b>	<b>Email</b>
President	Larry Switzer (Pro Tem)	204-885-5714	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>
Vice President	Jamey/April Baker		<a href="mailto:rekab@mymts.net">rekab@mymts.net</a>
Treasurer	Michael Gravenor	204-832-9098	<a href="mailto:gravenorm@gmail.com">gravenorm@gmail.com</a>
Secretary	Carolynn MacKenzie	204-489-0036	<a href="mailto:themackenzies@mts.net">themackenzies@mts.net</a>
Membership	Sowmiya Rajamohan	204-219-6105	<a href="mailto:crsowmya@gmail.com">crsowmya@gmail.com</a>
Uniforms/Team Swag	Kia Kirzinger/Laurie Valgardson		<a href="mailto:kiak@shaw.ca">kiak@shaw.ca</a>
Bingo Coordinator	Delia Petrash/Jennifer Crawford		<a href="mailto:deepet@mymts.net">deepet@mymts.net</a>
Volunteer Sign Up			
Athlete Reps	Eric Guy/Wilfrid Samsung		<a href="mailto:wilfred_speed@hotmail.com">wilfred_speed@hotmail.com</a>
Director of Activities/ Coaching Coordinator	Larry Switzer	204-885-5714	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>



**WOA COACHING STAFF FOR 2014/15**

<b>Name</b>	<b>Event</b>	<b>Email</b>	<b>Phone</b>
Larry Switzer	Coaching Co-ordinator	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>	204-885-5714
Wayne McMahon	Jumps, Multiple Events	<a href="mailto:gwaynemcmahon@gmail.com">gwaynemcmahon@gmail.com</a>	204-261-0467
Rory McIntyre	Sprints	<a href="mailto:rorymcintyre@gmail.com">rorymcintyre@gmail.com</a>	
Alanna Boudreau	Horizontal Jumps	<a href="mailto:aboudy139@gmail.com">aboudy139@gmail.com</a>	
Melanie Gregg	High Jump	<a href="mailto:m.gregg@uwinnipeg.ca">m.gregg@uwinnipeg.ca</a>	
Scott Radley	Middle Distance	<a href="mailto:swradley@gmail.com">swradley@gmail.com</a>	
David Gudmundson	Middle Distance	<a href="mailto:dbg@mymts.net">dbg@mymts.net</a>	
Scot Dressler	Pole Vault	<a href="mailto:scot.dressler@gmail.com">scot.dressler@gmail.com</a>	
Stephen Katapodis	Multiple Events	<a href="mailto:steve_katopodis@hotmail.com">steve_katopodis@hotmail.com</a>	
Patrick Beckett	Intermediate Power Speed	<a href="mailto:patrickbeckett93@live.ca">patrickbeckett93@live.ca</a>	
Ge-ef Nkwonta	Intermediate Power Speed		
Abdul Sesay	Intermediate Power Speed		
Oyinkansola Akinola	Intermediate Power Speed		
Shane Smith	Junior Development	<a href="mailto:shaner44@mts.net">shaner44@mts.net</a>	
Tamara Paetsch	Junior Development	<a href="mailto:tpaetsch94@hotmail.com">tpaetsch94@hotmail.com</a>	
Ken Stevens	Sprints, Junior Development		
Borzah Yankey	Junior Development		
Mathieu Desmarais	Junior Development	<a href="mailto:mathieu.desmarais@yahoo.ca">mathieu.desmarais@yahoo.ca</a>	
Taylor Sprague	Junior Development	<a href="mailto:taylorsp@mymts.net">taylorsp@mymts.net</a>	
Shade Akin-Akinbulumo	Junior Development		
Carter Wilson	Throws		
Bruce Pirnie	Throws Consultant		
Ming Wu	Provincial Team		



**ATHLETICS MANITOBA UPDATE**

145 Pacific Ave, Winnipeg  
Phone – 204-925-5745 / Fax – 204-925-5792  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**New Staff:** The new Executive Director is Donna Harris, who joined Athletics Manitoba on September 15, 2014.

**Schedule for Indoor Season, 2014/15** is available at <http://athleticsmanitoba.com/events/track-field/indoor-2014-2015/>

**Fee Increase:**

Effective for the 2014/2015 season, the Athletics Manitoba annual membership fee is increased to \$70.00 and is valid for the period December 1, 2014 through to December 31, 2015. All **Athletics Manitoba** individual members, coaches and officials are asked to register online at <http://athleticsmanitoba.com/membership/> .

Membership Type	2013/2014 Fees	Athletics Canada Increase 2014/15	Athletics Manitoba Increase 2014/15	2014/2015 Fees
Athlete (all categories)	\$50	\$10	\$10	\$70
Coach	\$15	\$10	N/A	\$25
Official	\$15	\$10	N/A	\$25

The Athletics Canada increase (\$10.00) was unanimously passed by all member branches at the May 2014 Athletics Canada AGM. The increased revenue created will be used to eliminate self-funded national teams for athletes and coaches, as well as provide enhanced services to road runners and race directors.

The Athletics Manitoba increase (\$10) was unanimously approved at the June 2014 board meeting and the decision was made at that time to have the incoming Executive Director communicate this message to the membership. Donna Harris started on September 15, 2014. Section 2.3 of the Athletics Manitoba Bylaws allows for the board to make this decision.

Athletics Manitoba membership fees are among the lowest within Sport Manitoba organizations, as well as all provincial Athletics branches. Athletics Manitoba fees have not increased in five years.

**ATHLETICS CANADA UPDATE**

<https://www.athletics.ca/>



**Athletics Canada** changed their membership database provider last year. Athletics Manitoba memberships have been entered in the new system and all Athletics Manitoba members should be able to find their Athletics Canada number online at the link shown below. The Athletics Manitoba online site will be phased out and all registrations will be handled through the Athletics Canada site. The transition is taking longer than expected, so they appreciate your patience during this transition.

<http://www.trackie.com/members/lookup>.

If you believe you are a registered 2013 Athletics Manitoba member, but are unable to find your Athletics Canada number, please contact Shirley Boudreau at [membership@athleticsmanitoba.com](mailto:membership@athleticsmanitoba.com). There is likely some incorrect or missing information that has prevented you from accessing your AC number.

## WOA MEMBERSHIP FEES FOR OCTOBER 2014 – SEPTEMBER 2015

As of October 31, 2014

Type of WOA Membership	Fee	Benefits
<b>Annual Regular Membership:</b>		
• WOA Membership Oct 2014 to Sept 2015	\$250	<ul style="list-style-type: none"> <li>• Meet entry fees (\$5/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• 50% entry fee for up to 3 individual events at National Championships each fiscal year.</li> <li>• Travel opportunities</li> <li>• Opportunity to open athlete account and access matched funding</li> </ul>
• Facility use fee	\$245	
• Athletics Manitoba Sport Membership	<u>\$ 70</u>	
TOTAL	\$ 565	
WOA Singlet (if required, add \$35)	<u>\$ 35</u>	
TOTAL (including Singlet)	\$600	
<b>New members under the age of 13</b> as of December 31, 2014 (Born 2002 or later) are eligible for reduced WOA membership fee in first year only:		
• WOA Membership, Oct 2014-Sept 2015	\$150	<ul style="list-style-type: none"> <li>• Meet entry fees (\$5/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• 50% entry fee for up to 3 individual events at National Championships each fiscal year.</li> <li>• Travel opportunities</li> <li>• Opportunity to open athlete account and access matched funding</li> </ul>
• Facility use fees	\$245	
• Athletics Manitoba Sport Membership	\$ 70	
• WOA Singlet (Mandatory)	<u>\$ 35</u>	
TOTAL (including Singlet)	\$500	
<b>Summer Membership:</b>		
• WOA Membership, April - Sept 2015	\$125	<ul style="list-style-type: none"> <li>• Meet entry fees (\$5/event)</li> <li>• Facility Use, Training and Coaching fees</li> <li>• 50% of cost of entry fee for one individual event at National Championships each fiscal year.</li> <li>• Summer member athletes ineligible for performance awards or free membership based on placing at national championships.</li> <li>• WOA competition singlet must be worn when competing for WOA and WOA pays meet entry fees.</li> </ul>
• Facility use fees	\$ 50	
• Athletics Manitoba Sport Membership	<u>\$ 70</u>	
TOTAL	\$245	
WOA Singlet (if required, add \$35)	<u>\$35</u>	
TOTAL (including Singlet)	\$280	
<b>Associate Membership (for University Athletes)</b>		
• WOA Summer Membership, Apr–Sept 2015		<ul style="list-style-type: none"> <li>• UofM Athletes who intend to take out a WOA Summer Membership in Spring 2015 are encouraged to register their intent in Fall 2014, through payment of a deposit (\$5) in Fall 2014, and balance in Spring 2015 (\$120).</li> <li>• The \$5 Deposit will be applied towards the 2015 Summer Membership fee (\$125 - \$5 = \$120)</li> <li>• WOA competition singlet must be worn when competing for WOA (rather than UofM) and WOA pays meet entry fees.</li> </ul>
Deposit (Fall 2014)	\$ 5	
Balance (Spring 2015)	<u>\$120</u>	
TOTAL	\$125	
WOA Singlet (if required, add \$35)	<u>\$35</u>	
TOTAL (including Singlet)	\$160	
<b>WOA Singlet</b> (mandatory for all NEW members)		
• Available from Uniform Chair		<ul style="list-style-type: none"> <li>• WOA competition singlet must be worn when competing for WOA (rather than school team) and WOA pays meet entry fees.</li> <li>• Includes Boeing Indoor Classic, Outdoor and Cross Country Prov Championships and other events when WOA pays meet entry fees.</li> </ul>
Singlet	\$ 35	
or Bodysuit	TBD	

- Membership Application form available at [winnipegoptimistathletics.ca](http://winnipegoptimistathletics.ca).
- For info on WOA membership, please contact Membership Chair, Sowmiya Rajamohan at [crsowmya@gmail.com](mailto:crsowmya@gmail.com)