

*Winnipeg Optimist Athletics*  
<http://winnipegoptimistathletics.ca/>  
2015/16



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## ACKNOWLEDGEMENT

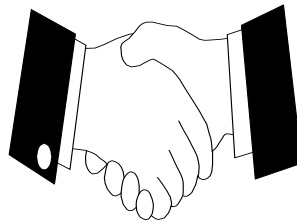
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Winnipeg Optimists Athletics (WOA) gratefully acknowledges the support it has received from its partners:

**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 over 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 (for more details, see page 10, under Entry Fees).
- 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 post-secondary academic/athletic scholarships 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. (for complete list, see page 12, under Volunteer Requirement).
- 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

### Winnipeg Optimist Athletics Annual Awards

Each year, in the Fall, an Awards Evening 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), the Jim Lyon Parent Executive Award for Volunteerism (\$100), a Parent Executive Scholarship (\$200), Custom Tile Scholarship (up to \$500) and free memberships (\$250).

<b>OUTSTANDING AGE CLASS AND EVENT ATHLETES FOR 2014/2015</b> <b>Announced at Awards Evening on October 23, 2015</b>		
<b>Award</b>	<b>Male</b>	<b>Female</b>
Best Overall Hurdles	Eric Guy	Sophia Mbabaali
Best Overall Sprints	Quenton Hurdal	Rachael McLeod
Best Overall Middle Distance	Josh Samyn	Jenni Baragar-Petrash
Best Overall Jumps	Wilfred Samking	Tamara Paetsch
Best Overall Throws	Clement Sackey Borzah Yankey	Brooke-Lynn
Best Overall Combined Events	Chad Enns	Amy Graceffo
Outstanding PeeWee		Reese Tufford
Outstanding Bantam	Biyugue, Maxime	Aspen Baker
Outstanding Midget	Mathieu Indome	Erin Valgardson
Outstanding Youth	James Kenny Chris Crawford	Jenni Baragar-Petrash
Outstanding Junior	Chad Enns	Rachael McLeod
Outstanding Masters		
Outstanding Athlete	Alhaji Mansaray	Erin Teschuk – Nat Senior
Ron Melnichuk Distance Award		Jenni Baragar-Petrash
<b>Jim Lyon Parent Executive Award for Volunteerism (\$100.00)</b>	Dmitri Gray	
<b>WOA Parent Executive Scholarship (\$200.00)</b>	Claudia Parrott	
<b>Custom Tile Scholarship (\$500.00)</b>	Eric Guy, Wilfred Samking, Ge-ef Nkwonta, Melissa Richards	

## TEAM AWARDS FOR 2014/2015

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### **National Legion Championships:**

Christopher Crawford, Madisson Lawrence, Testimony Aregbesola, Gloria, Opoola, Nicole Davis, Adeyemi Fatoye, Ashton Stewart, Michael Bachmeir, Justin Hochman, Megan Wrublowsky, Kirsten Hurdal, Aspen Baker, Dominic O'Meara, Jennie Baragar-Petrash, Erin Valgardson, Emma Rannie, Colton Peters, Mathieu Indome, Kira Kirzinger-Koslovski

### **National Junior Championships:**

Brooke-Lynn Boyd, Borzah Yankey, Quenton Hurdal, James Teschuk, Clement Sackey

### **National Senior Championships:**

Erin Teschuk, Wilfred Samking, Syed Mohammed Aoun, Gee-ef Nkwonta

### **Western Canada Summer Games:**

#### **Women**

Boyd, Brooke-Lynn  
Duma, Tyra  
Guerra, Belinda  
Mbabaali, Sophia  
McLeod, Rachael  
Parrott, Claudia  
Wong, Jaime

#### **Men**

Dumaran, Jamie  
Enns, Chad  
Henry, Isaac  
Hurdal, Quenton  
Kenny, James  
Sackey, Clement  
Sow, Sidki  
Teschuk, James  
Wilson, Carter  
Yankey, Borzah

**Tri-Province:**

**Midget Women**

Uchechukwu, Light  
Davis, Nicole  
Opoola, Gloria  
Dembele, Amina  
Stewart, Ashton  
Rajapakse, Dinu  
Valgardson, Erin  
Rannie, Emma  
Baker, Aspen  
Watt, Margrett  
Rannie, Emma  
Howes, Cecilia  
Kosolofski, Kira

**Youth Women**

Hurdal, Kirsten  
Butler, Charlot  
Webster, Kasha  
Britton, Erika  
Wrublowsky, Megan  
Grafe, Victoria  
Sutherland, Sierra  
Baragar-Petrash, Jennie  
Millns, Sarah  
Lawrence, Madisson  
Andrew, Keara  
Litowitz, Delayne

**Junior/Open Women**

McLeod, Rachael  
Duma, Tyra  
Babalola, Tayo  
Babalola, Omena  
Parrott, Claudia  
Smith, Lindsay  
Saj, Danielle  
Guerra, Belinda  
Paetsch, Tamara  
Wong, Jaime  
Anderson, Hannah  
Boyd, Brooke-Lynn

**Midget Men**

Indome, Mathieu  
Olukuju, John  
Cadman, Ethan  
Bachmier, Michael  
Taylor, Jack  
O'Meara, Dominic  
Samyn, Joshua  
Peters, Colton  
Cadman, Kirk

**Youth Men**

Aregbesola, Testimony  
Fatoye, Adeyemi  
Hochman, Justin  
Diamond-Burchuk, Skyler  
Dorbolo, Devin  
Hoffman, Noah  
Roadley, Jasper  
Crawford, Christopher  
Murphy, Aidan

**Junior/Open Men**

Akinola, Oyinkansola  
Dumaran, Jamie  
Samking, Wilfred  
Mansaray, Alhaji  
Hurdal, Quenton  
Davis, Michael  
Straker, Anthony  
Teschuk, James  
Enns, Chad  
Henry, Isaac  
Lo, Joseph  
Kenny, James  
Dumaran, Jamie  
Sackey, Clement  
Yankey, Borzah  
Wilson, Carter

## WOA AWARDS/SCHOLARSHIPS

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### WOA Parent Executive Scholarship

At the WOA Annual Awards event, 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 2015 was Claudia Parrott.



### 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 2014/15 was Dmitri Gray.

### Custom Tile Works Scholarship

New this year, Custom Tile Works will award annually a \$500 scholarship to a WOA athlete(s) who meets the following criteria.

- Demonstrated leadership qualities
- Positive role model
- Dedicated, high achiever
- Provincially-ranked athlete, competing at Provincial level events
- Must be full member of WOA, which includes summer membership
- Candidate's success will be based on previous year's effort in competition and/or with Club activities.

April and Jamey Baker of Custom Tile Works presented the award for 2014/15 to Eric Guy, Wilfred Samking, Ge-ef Nkwonta and Melissa Richards.



## Performance Awards

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

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

## Free/Reduced Membership

- Full member WOA athletes will be awarded a free membership (value = \$300) 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.).

- New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$200 for their first year with WOA. The athlete will be responsible for other fees (i.e. Athletics Canada/Manitoba membership, Facility fee, etc.).

## Training Fee

- 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).

**Family Discount** - New this year, are membership discounts for multiple family members:

- the first athlete in family will pay regular membership fee
- a second family member would be eligible for a 5% discount
- a third family member would get a 10% discount
- a fourth family member would obtain a 15% discount

**Referral Bonus** – Commencing 2015/16, if a current member of WOA introduces a new athlete to WOA and they join the club, a 10% discount will be applied to the current athlete's membership fee for the following year.

**Sessional Membership** for athletes born 2003 or later - New for 2015/16, are six sessional blocks commencing October 26, 2015 through to July 30, 2016 ranging in length from 6 to 7 weeks per block. Features of this type of membership include:

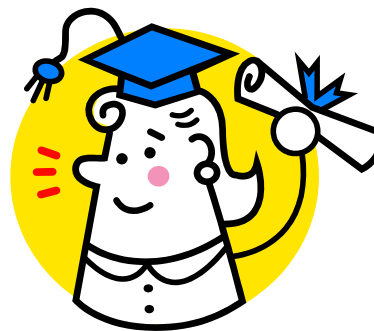
- Entry fee in at least one meet during Session, depending on Session selected.
- Facility Use, Training and Coaching Fees
- 6 or 7 Week Program, depending on Session selected.
- Opportunity to open athlete account and access matched funding.
- Families will be contacted to volunteer through the year.
- Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.

## Entry Fees

- **Local Competitions:** WOA will cover 100% of all local meet entry fees (\$10/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 \$8.00 - \$15.00 per event).
  - For full member athletes (October 2015 to September 2016), 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 2016), 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**, Masters in Sport Psych  
2001 - **Michael Booth**, 3rd year in Arts  
2002 – **Jennifer Ervick**, 1st year, Faculty of Law  
2003 – **Brian Walker**, 4<sup>th</sup> year, Business Mgmt  
2004 – **Kja Isaacson**, 2<sup>nd</sup> year Arts, 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 – **Ryan Croy**, 2nd year student  
2015 - **To be announced**

## WOA-HOSTED EVENTS

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### **Boeing Classic, Provincial Indoor Track & Field Championships (March 4 and 5, 2016)**

The Boeing Elementary Relays will be held on **Thursday, March 3, 2016**.



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

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### **Get Up Lets Go, a Track & Field program, sponsored by Winnipeg Optimist Athletics**

Winnipeg Optimist Athletics is offering schools an opportunity to work with some of Manitoba's best Track and Field athletes.

WOA can provide two of our senior athletes to a school to educate students and promote athletics. There is no fee or expense to the school to take advantage of this program.

- Our goal is to focus on participation and to promote healthy living amongst youth.
- Our program is very flexible and can cater to the specific needs of a school. The clinics can range from 60 minutes to a full afternoon of training, depending on the school's interest. For example, the program can be customized for a gym class, a track team or a coaching clinic.
- The aim of the clinic is to inspire youth and demonstrate there is an event for each and every individual and not simply for the most athletic children.

For more info, please contact:

Eric Guy & Wilfred Samking

**Get Up Lets Go**

[ericguy6@hotmail.com](mailto:ericguy6@hotmail.com) or 204-509-8370

## VOLUNTEER REQUIREMENT

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In recent years, WOA membership has averaged over 100 athletes. The director, coaches and parent executive work very hard to support our athletes and the athletic community, but **we need your help**. WOA is required to provide approximately 400 volunteers for events during the indoor and outdoor seasons. Without volunteers and parents to run meets, competitions cannot be held. Without the help of the athletes and their parents, Track and Field in Manitoba will not flourish.



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

- **WOA-hosted, Boeing Indoor Classic**, March 4 - 5, 2016 – 2 shifts/family (approx 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 Communications/Volunteer Committees 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. Athletics Manitoba 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/wp-content/uploads/2015/10/WOA-App12015-16-Final.pdf>.

**New for 2015/16, is a mandatory Volunteer Performance Deposit for Regular members:**

- For annual members - a cheque is required in amount of \$100.00 postdated to July 31, 2016 and must accompany the Membership Application.
- For outdoor (Summer) members - a cheque is required in amount of \$50.00 postdated to July 31, 2016 and must accompany Membership Application.
- Postdated cheques will be returned uncashed if the member or their family perform a minimum of 16 hours of club volunteer activities annually or 8 hours per season (includes volunteers for MTFOA Officiating).
- Postdated cheques from athlete/family who do not meet volunteer commitment to WOA and Athletics Manitoba, will be cashed on date of the cheque.

## FUNDRAISING OPPORTUNITIES

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Athletics Manitoba applies to Sport Manitoba for Bingo opportunities and distributes bingo spots to clubs on a quarterly basis, based on a percentage of club membership. WOA receives about 16 bingo days per year or 4 bingos per quarter, with up to four spots. The bingos are held at either the McPhillips Street Station or Club Regent Casinos.



Athletics Manitoba receives 40% of the Bingo funds and uses these monies for Provincial Team Travel and Athlete Development programs which benefit the sport. The balance of the funds are distributed proportionately to the clubs which participate in the bingo(s). Bingos are a major source of revenue for WOA and an excellent fundraising opportunity for our athletes and their families. Every person working must be 18 years or older. If you are interested in working bingos, please contact the Bingo Coordinator, Delia Petrash at [deepet@mymts.net](mailto:deepet@mymts.net).

### WOA Bingo Commitment:

In exchange for a share of funding generated through the bingos, WOA agrees to provide Athletics Manitoba with the following services:.

- 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/Summer Jam events)

### 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 by WOA. The club maintains an account for each athlete (similar to a bank account). Effective April 28, 2015, each time an athlete or family member works at a bingo, **the athlete receives a \$50 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 (\$300)
  - Payment of Athletics Manitoba membership fee (\$70 + GST)
  - 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 \$50 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.

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### **2015 Grey Cup Tickets**

Winnipeg Optimist Athletics will be selling 2015 Grey Cup Tickets as a fundraiser for our athletes. Tickets are \$5 each and come in booklets of 12 tickets (total value of booklet = \$60.00).

- Every athlete, family member can sell tickets, but will have to make a \$50 deposit for each booklet requested. Deposit will be payable to WOA by cheque.
  - The athlete/family then sells the tickets and keeps all money earned, to a maximum of \$60.00 (12x\$5.00). Note the athlete has two free tickets or makes \$10 for each booklet.
  - WOA will be responsible for the payouts to the winners of all tickets sold.
  - WOA has 900 tickets (75 bundles x 12), so order right away to earn some money for your WOA travel account.
  - WOA members can request their booklet(s) of tickets from Jennifer Crawford. Jen can be reached at jencraw@mymts.net or 204-253-6381(H) / 204-793-0197(C).
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### **WOA Bud, Spud & Steak Night, November 5, 2015**

The first, annual WOA Bud, Spud & Steak night will be held on Thursday, November 5, 2015 at the Canad Inns Express located at 1792 Pembina Highway. Tickets for this event are \$22.00 per person. WOA members will be required to purchase a minimum of two tickets at registration (October 26/27, 2015).

We are currently seeking prizes for the Silent Auction - nothing is too big or too small, and we would welcome anything that someone may want to "re-gift", or any gift cards that are not being used.

Click here <http://winnipegoptimistathletics.ca/wp-content/uploads/2015/10/WOABudSpudLet.pdf> for a letter that can be used when seeking donations.

Deadline for delivery of auction prizes is Sunday, October 25, 2015. Please contact Jennifer Crawford at [204-793-0197](tel:204-793-0197) (C) or [204-253-6381](tel:204-253-6381) (H) to arrange for drop off or pick up.

Additional tickets will be available through Chris Crawford, Eric Guy or Wilfred Samking at the track.

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### **Advertising Program for Boeing Indoor Classic, March 4 - 5, 2016**

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 26 and 27, 2015** (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 for 2015/16

Order period:	October 27 - November 14, 2015
Items available:	A large selection of WOA gear is available online, direct from Home Run Sports, including jackets, pants, shorts, hoodies, T-shirts & bags, etc. Visit Home Run Sports website at <a href="https://homerunsports.itemorder.com/">https://homerunsports.itemorder.com/</a> ; Sale Code WOA2015
Payment:	All orders must be paid online at <a href="https://homerunsports.itemorder.com/">https://homerunsports.itemorder.com/</a>
Delivery:	Estimated prior to Christmas
Note:	WOA will not carry an inventory of <b>Team Gear</b> . Orders will only be accepted online during the order period (Oct 27-Nov14). No late orders will be accepted.

### Parent Info Night – for NEW members

Date:	November 2015 (date and location to be confirmed)
Purpose:	Wayne McMahon will host an info session for athletes/parents new to WOA. He will 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 2016
- Houston, Texas – Training Camp March 24 - April 3, 2016  
( <http://winnipegoptimistathletics.ca/wp-content/uploads/2015/10/Houston2016-1.pdf> )
- National Junior and Senior Championships July 2016
- National 10K Road Race Championships October 2016
- National Cross Country Championships November 2016
- 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 2015/16  
as of November 17, 2015**

<b>Position</b>	<b>Name</b>	<b>Email</b>	<b>Phone</b>
President	Larry Switzer (Pro Tem)	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>	204-885-5714
Vice President	Jamey Baker/April Baker	<a href="mailto:rekab@mymts.net">rekab@mymts.net</a>	
Treasurer	Michael Gravenor	<a href="mailto:gravenorm@gmail.com">gravenorm@gmail.com</a>	
Secretary	Carolynn MacKenzie	<a href="mailto:themackenzies@mts.net">themackenzies@mts.net</a>	
Membership	Ron Bazan / Wayne McMahan	<a href="mailto:gwaynemcmahan@gmail.com">gwaynemcmahan@gmail.com</a>	204-261-0467
Uniforms / Team Swag	Kia Kirzinger	<a href="mailto:kiak@shaw.ca">kiak@shaw.ca</a>	
Fundraising	Jen Crawford / Lori Valgardson	<a href="mailto:jencraw@mymts.net">jencraw@mymts.net</a> <a href="mailto:lorivalgardson@shaw.ca">lorivalgardson@shaw.ca</a>	
Bingo Coordinator	Delia Petrash	<a href="mailto:deepet@mymts.net">deepet@mymts.net</a>	
Volunteers			
Director of Activities / Coaching Coordinator	Larry Switzer	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>	204-885-5714
Head Coach	Wayne McMahan	<a href="mailto:gwaynemcmahan@gmail.com">gwaynemcmahan@gmail.com</a>	204-261-0467

**WOA COACHING STAFF FOR 2015/16  
As of November 17, 2015**

<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 McMahan	Jumps, Multiple Events	<a href="mailto:gwaynemcmahan@gmail.com">gwaynemcmahan@gmail.com</a>	204-261-0467 204-918-6167
Rory McIntyre	Senior Sprints Hurdles	<a href="mailto:rorydmcintyre@gmail.com">rorydmcintyre@gmail.com</a>	
Scott Radley	Middle Distance/Hurdles	<a href="mailto:swradley@gmail.com">swradley@gmail.com</a>	
Peter Sdrolias	Middle Distance	<a href="mailto:psdrolias252@gmail.com">psdrolias252@gmail.com</a>	
Stephen Katapodis	High Jump /Inter.Power Speed	<a href="mailto:steve_katapodis@hotmail.com">steve_katapodis@hotmail.com</a>	
Gee-ef Nkwonta	Intermediate Power Speed	<a href="mailto:gnkwonta@gmail.com">gnkwonta@gmail.com</a>	
Abdul Sesay	Intermediate Power Speed	<a href="mailto:abdulsesay_yo@hotmail.com">abdulsesay_yo@hotmail.com</a>	
Oyinkansola Akinola	Intermediate Power Speed	<a href="mailto:trackdreams@hotmail.com">trackdreams@hotmail.com</a>	
Melissa Richards	Pole Vault	<a href="mailto:melissa-richards@hotmail.com">melissa-richards@hotmail.com</a>	
Dimitri Gray	Junior Development	<a href="mailto:dvwg1997@icloud.com">dvwg1997@icloud.com</a>	
Noelle Merkel	Junior Development	<a href="mailto:noellemerkel@gmail.com">noellemerkel@gmail.com</a>	
Jamie Dumarin	Junior Development	<a href="mailto:jamiedumaran@hotmail.com">jamiedumaran@hotmail.com</a>	
Tamara Paetsch	Junior Development	<a href="mailto:tpaetsch94@hotmail.com">tpaetsch94@hotmail.com</a>	
Borzah Yankey	Junior Development	<a href="mailto:borzahy@gmail.com">borzahy@gmail.com</a>	
Reed Rimke	Throws	<a href="mailto:reedrimke@gmail.com">reedrimke@gmail.com</a>	
Bruce Pirnie	Throws Consultant	<a href="mailto:coachpirnieb@gmail.com">coachpirnieb@gmail.com</a>	UofM
Ming Wu	Head Coach Provincial Team	<a href="mailto:Provcoach@athleticsmanitoba.com">Provcoach@athleticsmanitoba.com</a>	AthMB
Alanna Boudreau	Jumps Provincial Team	<a href="mailto:aboudy139@gmail.com">aboudy139@gmail.com</a>	AthMB



## **ATHLETICS MANITOBA UPDATE**

145 Pacific Ave, Winnipeg

Phone – 204-925-5745 / Fax – 204-925-5792

[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

The **Indoor track at the Max Bell Centre** was renamed the Jim Daly Fieldhouse on February 27, 2015 during the Can-West meet.

**The tracks at the University of Manitoba and Brandon** will be renovated for the 2017 Canada Summer Games and Legion National Championships respectively. Construction in Winnipeg began in Summer 2015 and Brandon's reno will commence in 2016. Selkirk will also be upgraded in the near future.

### **Athletics Manitoba Membership fee change:**

As of January 1, 2016 individual memberships will be \$70 + GST for a total of \$73.50. GST will not be charged on individual memberships purchased or renewed prior to December 31, 2015. Membership fees are due December 1, 2015 and memberships are valid through to December 31, 2016.

### **Online Membership Registration Website:**

As of October 2014, Athletics Manitoba, in line with Athletics Canada, moved their online membership registration to Trackie.me. Athletes and coaches of large Clubs continue to register and renew their memberships through their clubs.

**Schedule for Indoor Season, 2015/16** is available at <http://athleticsmanitoba.com/events/track-field/indoor-2015-2016/>



## **ATHLETICS CANADA UPDATE**

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

**Athletics Canada** changed their membership database provider in 2013.

All Athletics Manitoba members have been entered into the new Athletics Canada system and can find their Athletics Canada number online at the link shown below.

The Athletics Manitoba online site has been phased out and all registrations will be handled through the new site <http://www.trackie.com/members/lookup> .

## WOA MEMBERSHIP FEES FOR OCTOBER 2015 – SEPTEMBER 2016

Type of WOA Membership	Fee	Benefits include
<u>Regular Annual Membership:</u> <ul style="list-style-type: none"> <li>• WOA Membership October 2015 to September 2016 \$300</li> <li>• Facility use fee \$245</li> <li>• Athletics Manitoba Sport Membership <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 615</b></li> <li>• <input type="checkbox"/> WOA Singlet (<u>Mandatory for new members</u>) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (<u>including Singlet</u>) <b>\$650</b></li> <li>• <input type="checkbox"/> <b>PLUS</b> Volunteer Performance Deposit of \$100.00, postdated cheque for July 31, 2016 – See Below</li> </ul>		<ul style="list-style-type: none"> <li>• Meet entry fees (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• 50% National Championships entry fee</li> <li>• Travel opportunities</li> <li>• Opportunity to open athlete account and access matched funding</li> </ul>
<u>Regular Annual Membership for Athlete born 2003 or later:</u> <ul style="list-style-type: none"> <li>• WOA Membership October 2015 to September 2016 \$200</li> <li>• Facility use fee \$245</li> <li>• Athletics Manitoba Sport Membership <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$15</b></li> <li>• <input type="checkbox"/> WOA Singlet (<u>Mandatory for new members</u>) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (<u>including Singlet</u>) <b>\$550</b></li> <li>• <input type="checkbox"/> <b>PLUS</b> Volunteer Performance Deposit of \$100.00, postdated cheque for July 31, 2016 – See below</li> </ul>		<ul style="list-style-type: none"> <li>• Meet entry fees (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• 50% National Championships entry fee</li> <li>• Travel opportunities</li> <li>• Opportunity to open athlete account and access matched funding</li> </ul>
<u>Regular Summer Membership:</u> <ul style="list-style-type: none"> <li>• WOA Membership, April to September 2016 \$150</li> <li>• Facility use fee \$ 50</li> <li>• Athletics Manitoba Sport Membership <u>\$ 70</u></li> <li style="text-align: right;">TOTAL \$270</li> <li>• <input type="checkbox"/> WOA Singlet (<u>Mandatory for new members</u>) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (<u>including Singlet</u>) \$305</li> <li>• <input type="checkbox"/> <b>PLUS</b> Volunteer Performance Deposit of \$50.00, postdated cheque for July 31, 2016 – See below.</li> </ul>		<ul style="list-style-type: none"> <li>• Meet entry fees (\$10/event)</li> <li>• Facility Use, Training and Coaching fees</li> <li>• 50% of cost of entry fee for <u>one individual event</u> 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>
<u>Associate Membership (for University Athletes only = \$150.00)</u> <ul style="list-style-type: none"> <li>• WOA Summer Membership, April–September 2015</li> <li style="padding-left: 40px;">Deposit (Fall 2014) \$ 5</li> <li style="padding-left: 40px;">Balance (Spring 2015) <u>\$145</u></li> <li style="text-align: right;">TOTAL \$150</li> <li>• <input type="checkbox"/></li> <li>• WOA Singlet (<u>if required, add \$35</u>) <u>\$35</u></li> <li style="text-align: right;">TOTAL (<u>including Singlet</u>) \$185</li> </ul>		<ul style="list-style-type: none"> <li>• University athletes who intend to take out a WOA Summer Membership in Spring 2016 are encouraged to register their intent in Fall 2015, through payment of a deposit (\$5) in Fall 2015, and balance owing in Spring 2016 (\$145).</li> <li>• The \$5 Deposit will be applied towards the 2016 Summer Membership fee (\$150 - \$5 = \$145)</li> <li>• WOA competition singlet must be worn when competing for WOA (rather than U of M uniform) and WOA pays meet entry fees.</li> </ul>
<u>WOA Singlet</u> (mandatory for all NEW members) <ul style="list-style-type: none"> <li>• Available from Uniform Chair</li> <li style="text-align: right;">Singlet \$ 35</li> <li style="text-align: center;">or</li> <li style="text-align: right;">Bodysuit TBD</li> </ul>		<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>
<u>Volunteer Performance Deposit (MANDATORY for Regular members)</u> <ul style="list-style-type: none"> <li>• For annual members - a cheque is required in amount of \$100 postdated to July 31, 2016 and must accompany Membership Application.</li> <li>• For outdoor (Summer) members - a cheque is required in amount of \$50 postdated to July 31, 2016 and must accompany Membership Application..</li> </ul>		<ul style="list-style-type: none"> <li>• Postdated cheques will be returned uncashed if the member or their family perform a minimum of 16 hours of club volunteer activities annually or 8 hrs per season, including Officiating.</li> <li>• Postdated cheques from athlete/family who do not meet volunteer commitment, will be cashed on date of the cheque.</li> </ul>
<u>Family Discount</u> - Regular membership fee for first athlete, 5% discount for second athlete, 10% discount for third athlete, 15% discount for fourth athlete.		<u>Referral Bonus</u> – 10% discount on athlete’s membership fee for the following year for each new member they bring to WOA who join the club.

**For info on WOA membership, please contact Membership Chair, Wayne McMahon, [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com)**

- Registration will be held October 26 and 27, 2015 from 5:30 – 7:00 pm in Seminar Room B, 2nd floor, Max Bell Field House
- All Regular Annual or Summer membership forms must be accompanied by a postdated cheque for the mandatory Volunteer Performance Deposit.

## WOA SESSIONAL MEMBERSHIP FEES FOR OCTOBER 2015 – SEPTEMBER 2016

Sessional Membership for athletes born 2003 or later	Benefits include
<p><u>Sessional Block #1 - October 26 to December 6, 2015</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #1 \$ 65</li> <li>• Facility use fee <u>\$ 65</u></li> <li style="text-align: right;">Subtotal <b>\$ 130</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 200</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) - <b>\$ 235</b></li> </ul>	<ul style="list-style-type: none"> <li>• Meet entry fees for Flying M Fall Frolic, Dec 5/15 (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 6 Week Program</li> <li>• Families will be contacted to volunteer through the year.</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>
<p><u>Sessional Block #2 - December 7, 2015 to January 24, 2016</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #2 \$ 65</li> <li>• Facility use fee <u>\$ 65</u></li> <li style="text-align: right;">Subtotal <b>\$ 130</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 200</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) <b>\$ 235</b></li> </ul>	<ul style="list-style-type: none"> <li>• Meet entry fees for either Bison Grand Prix #1, Jan. 6, 2016 or Athletics Manitoba Winter Open Jan. 15-16/16 (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 7 Week Program with some missed practices due to Holidays!</li> <li>• Families will be contacted to volunteer through the year.</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>
<p><u>Sessional Block #3 - January 25 to March 13, 2016</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #3 \$ 65</li> <li>• Facility use fee <u>\$ 65</u></li> <li style="text-align: right;">Subtotal <b>\$ 130</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 200</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) <b>\$ 235</b></li> </ul>	<ul style="list-style-type: none"> <li>• Meet entry fees for Boeing Indoor Classic, Mar 4-5/16 (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 7 Week Program with some missed practices due to Holidays!</li> <li>• Families will be contacted to volunteer through the year</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>
<p><u>Sessional Block #4 - March 14 to May 1, 2016</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #4 \$ 40</li> <li>• Facility use fee <u>\$ 35</u></li> <li style="text-align: right;">Subtotal <b>\$ 75</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 145</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) <b>\$ 170</b></li> </ul>	<ul style="list-style-type: none"> <li>• No Meets in this Session</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 7 Week Program with some missed practices due to Holidays!</li> <li>• Families will be contacted to volunteer through the year</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>
<p><u>Sessional Block #5 - May 2 to June 12, 2016</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #5 \$ 65</li> <li>• Facility use fee <u>\$ 20</u></li> <li style="text-align: right;">Subtotal <b>\$ 85</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 155</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) <b>\$ 190</b></li> </ul>	<ul style="list-style-type: none"> <li>• Includes Entry in at least one Meet in this Session (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 6 Week Program with some missed practices due to Holidays!</li> <li>• Families will be contacted to volunteer through the year</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>
<p><u>Sessional Block #6 - June 13 to July 30, 2016</u></p> <ul style="list-style-type: none"> <li>• WOA Sessional Membership Block #6 \$ 65</li> <li>• Facility use fee <u>\$ 20</u></li> <li style="text-align: right;">Subtotal <b>\$ 85</b></li> <li>• Athletics Manitoba Sport Membership (Once per year) <u>\$ 70</u></li> <li style="text-align: right;">TOTAL <b>\$ 155</b></li> <li>• <input type="checkbox"/> WOA Singlet (Mandatory for new members if competing) <u>\$ 35</u></li> <li style="text-align: right;">TOTAL (including Singlet) <b>\$ 190</b></li> </ul>	<ul style="list-style-type: none"> <li>• Includes Entry in at least one Meet in this Session (\$10/event)</li> <li>• Facility Use, Training and Coaching Fees</li> <li>• Opportunity to open athlete account and access matched funding</li> <li>• 7 Week Program with some missed practices due to Holidays!</li> <li>• Families will be contacted to volunteer through the year</li> <li>• Athletes will be credited for Sessional Fees paid, if they wish to switch to full Annual Membership.</li> </ul>

**For info on WOA Sessional Membership, please contact Membership Chair, Wayne McMahon, [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com)**

- Registration will be held October 26 and 27, 2015 from 5:30 – 7:00 pm in Seminar Room B, 2 floor, Max Bell Field House
- Membership fees are payable by cheque to WINNIPEG OPTIMIST ATHLETICS, forwarded to Wayne McMahon or online registration at TrackieReg.com. If you use Credit Card payment option, a small fee may apply. *Wayne McMahon, 90 Tranquil Bay, Winnipeg MB R3T 5E1*