

Winnipeg Optimist Athletics
Handbook for 2020/21
<http://winnipegoptimistathletics.ca/>

December 13, 2020



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ACKNOWLEDGEMENT

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

St James Optimist Club
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

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 200 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 and mentoring programs.

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 **Event 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 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 (for more info see page 4).
- Official meet organization for the Boeing Classic, which traditionally serves as the Provincial Indoor Track and Field Championships.

WOA Parent Executive Committee:

- The purpose of the committee is to offer advice and guidance on Club activities and provide support in many areas including communications, recordkeeping, and fundraising.
- Meetings are informal and held approximately every two months.
- Members of the Parent Executive Committee take turns hosting a meeting at their home.
- During Covid 19, meetings have been held online via Zoom or Skype.
- Athletes and their families are welcome and encouraged to attend.



WOA AWARDS/SCHOLARSHIPS

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. Awards and scholarships include:

- Eligible athletes receive performance-based awards, National Team funding (up to \$1,000) and free memberships (\$250)
- Jack Booth Executive Scholarship (\$200)
- Jim Lyon Executive Award for Volunteerism (\$100)
- Larry Switzer - Wayne McMahon Scholarship at University of Manitoba (approx. \$600)

Free Membership:

- Full member WOA athletes will be awarded a free Club membership 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 (i.e. AthCda/AthMb Sport Membership, Facility Use fee, New Equipment Use fee, etc.).

Jack Booth 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 2020 Scholarship winner: Angela Kroeker.



Jim Lyon 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. In October 2003 and for a period of six years, a scholarship in the amount of \$100 was awarded to an athlete recipient in conjunction with the Parent Executive Award.

In 2006, the Parent Executive Committee agreed the scholarship for the Jim Lyon Parent Executive Award for Volunteerism would be continued after the initial six-year period (October 2003 – 2008).

The recipient of Jim Lyon Award for 2020 Danika Passler Bates.



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 \$600 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**, Masters in Sport Psych
2001 - **Michael Booth**, 3rd year Arts
2002 - **Jennifer Ervick**, 1st year, Faculty of Law
2003 - **Brian Walker**, 4th year, Business Mgmt
2004 - **Kja Isaacson**, 2nd year Arts, honours Fr & Eng
2005 - **Sharon Drake**, Recreational Mgmt & Comm Dev
2006 - **Not awarded**
2007 - **Joel Charriere**
2008 - **Keiran Moolchan**
2009 - **Deondra Twerdun**
2010 - **Deondra Twerdun**

2011 - **Haley Sigurdson**
2012 - **Paul Ryberg**
2013 - **Ryan Croy**, Univ 1 (from Selkirk Mb)
2014 - **Ryan Croy**, 2nd year student
2015 - **Gee-El Nkwonta**, WOA Coach
2016 - **Eric Guy**
2017 - **Brook-Lynn Boyd**, Faculty of Science
2018 - **Jean Luc Perron**
2019 - **Jean Luc Perron**
2020 - **TBA**



WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships March 4 - 5, 2022

The Boeing Elementary Relays will be held on **March 3, 2022**

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.

Boeing Annual Awards

1. 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 MB 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; 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, Mb
- 2015 -
- 2016 - Nicole (Edwards) Sifuentes
- 2017 - Victoria Tachinski
- 2018 -
- 2019 -
- 2020 -



VOLUNTEER REQUIREMENT

In recent years, WOA membership has averaged approximately 180 - 200 athletes annually. 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, two shifts/family (approx 4-6 hours/shift)
- **Athletics Manitoba** events: 3-4 events during the indoor/outdoor seasons (totaling 12-15 hours)

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, 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, MTFOA Officials' Rep, Boeing Program Advertising, Boeing Program Assembly, Results, Announcing, Trophies/Medals and Publicity.
- Each year, **Athletics Manitoba** requires WOA to host a major indoor and outdoor competition and to provide volunteers for Athletics Manitoba competitions (approximately 3-4 events/year).



REGISTRATION FEES

The Winnipeg Optimist Athletics Club strives to provide all our athletes with a positive sport experience at every level and across the event areas of the sport. We aim to develop healthy athletes at every age. We wish to see every athlete progress in performance and achievement of personal goals in and outside of the sport. We wish to contribute to the ongoing growth of the Sport in our Province and Canada.

Due to the uncertainty of the Covid situation in the future, WOA is offering membership only as a series of Sessional Memberships, to allow for adjustments in fees due to unknowns (i.e. resumption of competition, etc). The WOA club fees listed below include Athletics Manitoba Fees for Annual Sport Membership.

Winnipeg Optimist Athletics Club Fees for 2020/21:

Sessional 1 - October 1 to December 31, 2020

- U12, U14: WOA (\$110.00) + Athletics Manitoba Fees (\$95.60) Total \$205.60
- U16, U18, U20, Senior: WOA (\$135.00) + Athletics Manitoba Fees (\$98.75) Total \$233.75
- Masters* (with G. Bates): WOA (\$ 95.00) + Athletics Manitoba Fees (\$98.75) Total \$193.75

Sessional 2 – January 1 to April 30, 2021

- U12, U14: To Be Determined
- U16, U18, U20, Senior: To Be Determined
- Masters* (with G. Bates): To Be Determined

Sessional 3 - May 1 to September 30, 2021

- U12, U14: To Be Determined
- U16, U18, U20, Senior: To Be Determined
- Masters* (with G. Bates): To Be Determined

Summer Fee for University Athlete:

- March to September 30, 2021 \$105.00
- Note: University of Manitoba Bison athletes who have paid for Facility Use and Athletics Manitoba Membership.

Masters* Program for adults (30 years and older):

To Be Determined

- The program cost for Facility Use, Training and Coaching Fees is determined by the athlete's desired access to the Max Bell Facility.
- The extent of training and coaching requirements should be discussed with the head coach, Wayne McMahon or Masters Coach Gord Bates
- Additional costs would include \$98.75 for an annual membership in Athletics Manitoba (if you do not already have) and \$35.00 for a WOA Singlet (if you choose to compete in an event).

Benefits of WOA Club Membership:

- Meet Entry Fees at Track and Field Events in Manitoba.
* Note - Masters training with G. Bates, must pay own entry fees
- Facility Use, Equipment Use and Coaching Fees
- 50% of National Championships Entry Fees
- Travel Opportunities

ONLINE REGISTRATION AND PAYMENT

Online registration and payment are at TrackieReg.com

<https://www.trackie.com/online-registration/register/2020-2021-winnipeg-optimist-athletics/467123/>

- There is a service fee for credit cards, but not for e-transfers or cheques. Follow the instructions. **Membership fees** are payable by eTransfer to paymentswoa@gmail.com during registration online.
- If you are paying by cheque or cash, you must email the Registration Committee at membershipwoa@gmail.com to inform them of when and how your payment will be made.
- **New Members trial period** - Due to current Covid restrictions, we are only able to offer a trial period of three practices before registering.
- **Athletics Manitoba** will be charging its membership athletes (a New Equipment Fee for Exclusive Use users in the amount of \$40.00 per year. The purpose of the fee is to acquire, replace and maintain training equipment in Max Bell, University Stadium and the Sports for Life Track and Field Training Centre.

Family Discount: The following membership discounts are available for multiple family members:

- the first athlete in family will pay regular membership fee;
- a second family member would be eligible for a \$30 discount
- a third family member would get a \$60 discount;
- a fourth family member would obtain a \$90 discount.

Referral Bonus

- If a current member of WOA introduces a new athlete to WOA and they join the club, a \$30 discount will be applied to the current athlete's membership fee for the following year. Please remind us at time of Registration!

Event Entry Fees

- **Local Competitions:**
 - WOA will cover 100% of all local meet entry fees (approx. \$10-\$15 per event) for track and field and cross-country events which are sanctioned/approved by WOA or recognized organizing societies.
 - Does not include road races or out of town entry fees, other than National Championships (see below).
- **National Championships** (i.e. Junior/Senior/Cross Country/Legions):
 - Entry fees are very high (approximately \$50 - 60 per event), compared to regular competitions (ranging from \$10 - \$15 per event).
 - For full member athletes, WOA will cover 50% of cost of entry fees for up to three individual events at national championships each fiscal year.
- **Family Volunteer Commitment** of 15 hours is required at WOA Club Events and for two Sessions at The Boeing Indoor Classic.

UNIFORM AND TEAM GEAR SWAG

WOA Singlets:

New members must purchase a WOA singlet at time of Registration and the cost (\$40.00) 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.

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

- 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 (\$40.00)

For more information concerning Singlets, please contact Kia Kirzinger at kiak@shaw.ca.

WOA Team Gear for 2020/21

Items available: A selection of WOA gear, including Adidas sweatshirt and hoodies, track bags
Deadline to order: October 31, 2020
Payment: Payment must be made at time of placement of order.
Delivery: Estimated prior to Christmas
Note: WOA will not carry an inventory of Team Gear. No late orders will be accepted.

For more information concerning Team Gear, please contact Kia Kirzinger at kiak@shaw.ca.

ATHLETE TRAVEL POLICY

Travel to competitions outside of the province is determined by the coaches, in consultation with the Executive Director and approved by the WOA Parent Executive Committee.

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.

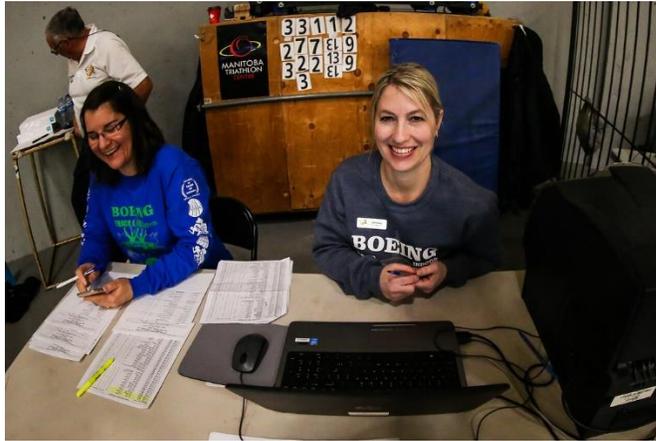


Parents and athletes must abide by the following Code of Conduct.

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) is 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 and 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.

PARENT CHAPERONES

WOA is open to a team traveling at anytime and welcomes parent involvement in planning and organizing these trips.



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 cost of 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.