

MEMBERSHIP CATEGORIES FOR 2010 **NorWesters Track and Field Club**

TRACK RASCALS

A seasonal introductory program for 6 to 8 year olds. It is not intended to allow this age group to participate in the Junior Development program, nor is it intended to allow 6 to 8 year olds to compete at BC Athletic competitive Meets. Fees are established seasonally for the NorWesters program for this event.

JUNIOR DEVELOPMENT PROGRAMS

Grade 3-6 (9 to 12 year olds)

Coaching- 2 practices week in the winter and 2/week in the summer.
(In summer Gr 5/6 have 3 practices per week.)
Six events paid for each meet.
Coaching of all events offered to this age group.
Group program.
Equipment provided for training.
Eligible for all Club awards.
Cross country competition available .
Fall endurance training
Conditioning and technique training indoors In the winter
Event technique training in the spring & summer.

JUVENILE

Coaching - three practices per week.
Group program.
Four events paid for each meet
BC Team fees paid to Nationals competition.
Financial support for travel to one Nationals competition (\$500)
Coaching support available for Nationals.
Equipment provided for training.
More specialized coaching than younger groups.
Eligible for all Club awards.
Athletes may be event specialized.

SENIOR

Coaching - three to five practices per week.
Individualized program.
Four events paid for each meet
BC Team fees paid to Nationals competition.
Financial support for travel to one Nationals competition (\$500)
Coaching support available for Nationals.
Equipment supplied for training.
Specialized coaching.
Eligible for all Club awards.
Athletes will be event specialized.

OFF TRACK PROGRAM

No meet entries or travel.	Group program.	Open only to 20 years plus.
Three to four practices per week.	Cross-country and Road-racing only.	Only eligible for Off Track Club awards.

Grade 7-9

Coaching -three practices per week.

Six events paid for each meet.
Coaching all events offered to this age group.
Group program.
Equipment provided for training.

Some specialization may begin to occur.
BC Team fees paid for 15+ to Nationals Competitions.
Eligible for all Club awards
More specialized event technique training.

JUNIOR

Coaching – three to four practices per week
Group program.
Four events paid for each meet
BC Team fees paid to Nationals competition.
Financial support for travel to one Nationals competition (\$500)
Coaching support available for Nationals.
Equipment provided for training.
Specialized coaching.
Eligible for all Club awards.
Athletes will be event specialized.

MASTERS

Three to four practices per week
Group program
No meet entries or travel
May be event specialized.
Eligible for all Club awards
Equipment supplied for training

ALUMNI ATHLETES For athletes returning from University who wish to train during university breaks.

No entries or travel.	Group program	Practice equipment supplied.
Three or four practices per week.	Specialized events.	Open only to returning club athletes attending university.
University Vacation Program only.	Eligible for club awards.	

