



Comox Valley Cougars 2020 Members Information

Practices

JD Sessions

Warm-Up : 30 minutes
Jog, Stretch
Tempo running & conditioning

Rotation #1 : 30 minutes
Blue Group - Field events
White Group - Track events

Rotation #2 : 30 minutes
Blue Group - Track events
White Group - Field events

U16 & Older

Follow the instructions provided by your coach

What To Bring

In addition to your running shoes, shorts, and favourite t-shirt, all members should bring a bag or backpack containing...

- Windbreaker
- Sweatshirt
- Sweatpants
- Hat
- Sunscreen
- Water bottle

DO NOT BRING...

- Candy
- Sugary drinks
- Bad attitude

Volunteering

Volunteers make track happen!

Parents are expected to volunteer at the hammer cage at all Island Series Meets their athletes attend. Sign-ups will be sent out prior to the meet. Please ensure you arrive to your scheduled volunteer time.

All families are expected to volunteer time at our Solstice Meet June 20/21

Comox Valley Cougars Track & Field Club

4339 Brookdale Cres
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Code Of Conduct

Cougars Track and Field Club is a member club of BC Athletics. All our members, athletes, coaches and executive, are covered under BCA insurance and must adhere to the BCA [Code of Conduct](#).

Cougars Track and Field Club members will:

1. Participate in the activity of Athletics in the spirit of fair play.
2. Participate within the rules and regulations of BC Athletics.
3. Arrive for practices ready to start and put in your best effort.
4. Dress appropriately for practice and for competition. Comfortable athletic wear and quality running shoes are required. For competition you will need a current Cougars Jersey.
5. Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
6. Refrain from horseplay during scheduled practice time. Pay attention and have fun.
7. Refrain from using profane, insulting, harassing or otherwise offensive language.
8. Act in a manner that will bring credit to the Athletics Community and yourself, both within and outside the competition arena and/or competition area.
9. Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)
10. Ensure the safety of themselves and of others when taking part in your Athletics activity.

Competition Calendar

All meets are optional - discuss with your coaches

Island Series - Fees are included in your club membership*

Meet Name	Location	Date	Registration Deadline
Bob Dailey Meet	Port Alberni	April 25/26	April 15
Victoria Dogwood Meet**	Victoria	May 9/10	April 29
Elwood Wylie Meet	Nanaimo	May 23/24	May 13
Garriock Meet	Duncan	May 30/31	May 20

* Athletes select "1-day" or "2-day" meet attendance, & are welcome to compete in as many events as they wish.

** Per event fees apply, first 3 events are included with your Cougars membership

Advanced Competitions

U16, U18, U20, Senior, Masters only

There will be opportunities to travel to mainland meets in order to enhance your competition experience & guide your training. These opportunities are offered on a "pay-as-you-go" basis.

Discuss the merits of attending any particular meet with your coaches.



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