

LAKEHEAD

RUNNING

2021/22 Handbook

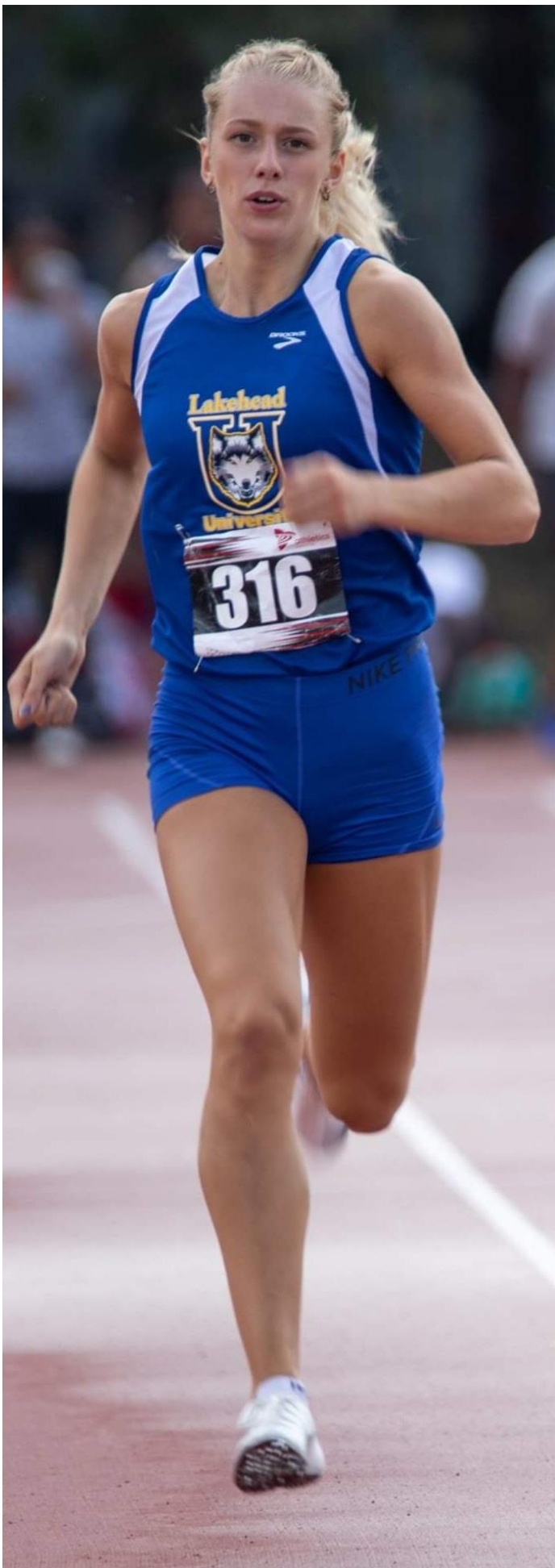


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ABOUT LAKEHEAD RUNNING

Mission Statement

Our goal at Lakehead Running is to develop young athletes from the entry level up to the most competitive area of Track and Field. We provide a positive environment while assisting in the growth of personal goals inside and outside the sport of track and field.

Coaches

Joseph McDonough, Head Coach: sprints, distance, and hurdles.

Kyle McGillivray, Events Coach: throws, and jumps.

Andrew Galloway, Events Coach: middle distance, and distance.

Sarah Hammond, Events Coach: sprints, and hurdles.

Benefits to Club

- Experienced NCCP certified coaches
- Volt subscription for strength training
- Access to indoor track, weight room and other facilities
- Membership/insurance coverage
- At home meets and team travel
- Meet and event fees
- Nike team gear and racing attire

1. REGISTRATION

2021/22 Club Fees

Registration fees are nonrefundable and are due on **October 1st, 2021**. Acceptable forms of payment are cash, cheque and e-transfer. Registration and payment can be arranged through lakehead.running@gmail.com.

Payment

Cost for full year enrollment: 850\$

Payment due: October 1st 2021

Payment Breakdown

- Athletics Ontario membership
- Meet entry
- Nike team gear
- Coaching Fees
- Facility use
- Travel arrangements
- Volt Subscription

Family Discount

A family discount is applicable when multiple family members of the same household register for the club. The first child pays the full club fee but each proceeding child gets a \$200 discount, for a total registration fee of \$650. *Must indicate if applicable when registering.*

Referral Discount

If a current Lakehead Running member invites a new athlete who registers for the club, they are eligible for a \$100 discount. *Must indicate if applicable when registering or communicate with Coach McDonough for reimbursements.*

2. TRAINING

Training Days

Practices for the 2021/22 season begin on September 1st, 2021, and will be held Monday, Wednesday, and Friday at 4:15-6:15. Practices that fall on major holidays and during school breaks may be subject to change. Athletes will be told of changes and cancellations the practice before, and an email will be sent out as a reminder.

Practices will run until late July. The final practice for the 2021/2022 season is to be announced.

Training Locations

Primary training locations include, but not exclusive to are:

- The Hanger, Lakehead University
- Hammarskjold High School Track
- Legion Track
- Boulevard Lake

Athlete Code of Conduct

Athletes are expected to behave in accordance with the code of conduct at all practices and competitions.

1. Athletes are expected to act in a respectful manner and to always display good sportsmanship. No obscene, offensive, or derogatory language.
2. Athletes are to maintain a positive environment, encouraging each other and avoiding complaining/having a negative attitude that can affect the team.
3. No use or possession of illegal substances, including performance enhancing drugs.
4. Athletes are expected to make every effort to attend all practises and compete at eligible meets.
5. Athletes should come prepared to work hard and have a good time.

3. COMPETITION AND TRAVEL

Lakehead Running host's multiple local meets in addition to out of town travel each year. All club athletes are expected to attend the home meets and must communicate with Coach McDonough if circumstances prevent them from attending these meets.

Out of town travel in the competitive season will be decided by the coach. Meet fees are covered by the club. Other expenses including travel and accommodations are covered by the athlete. The cost will be decided and communicated closer to the date of each meet.

Dates of meets: *Please refer to the schedule posted on the website:*
<https://lakeheadrunning.ca/indoor-2021%2F22>

4. TEAM GEAR

At competition Lakehead athletes are expected to bring team gear as well as compete in the team singlets provided by the club at all meets.

Nike Team Gear

A team gear order will be placed with a variety of items. The cost for the gear is included in the club registration.

Clothing order for 2021:

- Track Jacket
- Dri-fit shirt
- Singlet
- Duffle Bag

Deadline to order sizes is **October 1st, 2021.**

5. PERMISSIONS

Media Release and Consent

Lakehead Running may take videos and photos at meets and or practices. These photos may be used on Lakehead Running's Website, social media pages or other published materials for the purpose of advertising and promoting Lakehead Running and the sport of Track and Field. By signing the Lakehead Running Registration Form you agree to the use of this footage for these means.

