

## WELCOME TO THE CALGARY SPARTANS TRACK CLUB

For more than four decades, the Calgary Spartans has helped Alberta athletes of all ages and abilities achieve their goals in track and field. The benefits of membership range from the concrete – running that PB, making that special team, winning that medal -- to the intangible benefits that sport brings to all who participate, like camaraderie, travel, and lifelong friendships.

The club offers opportunities to train and compete in all aspects of track and field: sprints, middle distance, distance, throws, jumps, and combined events.

As a Spartan athlete you will benefit from:

- Training by national caliber coaches
- Subsidized travel to meets (see Member Benefits for details)
- Training privileges at Foothills Stadium, Jack Simpson Track and the Olympic Oval
- Participation in spring training camps
- Individualized training programs based on fun, sportsmanship, and the pursuit of excellence

In return you will be asked to:

- Participate in fund-raising through bingos and casinos
- Officiate or volunteer at local track meets
- Support the club's objectives and policies

The club has prepared this handbook to help you understand the Spartans philosophy as well as the benefits and obligations of membership.

For details, including recent events, photos, coaches' biographies, registration information, and links to the greater athletic community, check out the Spartans website at:  
[www.calgaryspartans.com](http://www.calgaryspartans.com).

Need more information?

**Club registrar – [registrar@calgaryspartans.com](mailto:registrar@calgaryspartans.com) Phone: 262-4429**  
**Steve Adams (Distance) [d-coach@telus.net](mailto:d-coach@telus.net)**  
**Rich Hesketh (Multi Events - Speed & Power) [RJHesketh@shaw.ca](mailto:RJHesketh@shaw.ca)**  
**Dale Schoenthaler (Sprints and Hurdles) [frankslake@telus.net](mailto:frankslake@telus.net)**  
**Jonathan Wong (Athlete Development)**  
**[jonathan\\_s\\_wong@hotmail.com](mailto:jonathan_s_wong@hotmail.com)**

### **Mailing Address**

Calgary Spartans Track Club  
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Suite 29  
Calgary, Alberta, T3A 5K8

## I. Club Objectives

1. To promote, foster and develop the sport of athletics in the Calgary region.
2. To uphold and improve the standards of athletics.
3. To create and encourage an active interest and good sportsmanship in the sport of athletics.
4. To provide competition at an appropriate level for all Club members.
5. To strive for continuing improvement in the skills and knowledge of coaches, officials and administrators.

## II. Membership (see Website for complete fees)

The Club has five classes of membership: Active, Associate, Alumni, Life, and Honorary. Active members, in good standing, are eligible to vote at the club's Annual General Meeting, usually held at the end of November along with an Awards Banquet. Associate, Alumni, Life and Honorary Members do not have voting privileges.

**Active Members**, (Peewee to Masters) pay membership fees and work a determined number of bingos as well as a casino every 18 months. They have training, competition and travel privileges.

**Associate Members** pay membership fees and have training privileges only.

**Alumni Members** must have been active Spartan members for a minimum of five years. They pay membership fees and have training privileges only. The Club's Board of Directors must approve all alumni memberships.

**Life and Honorary Memberships** awarded from time to time by the Board of Directors. These members are not required to pay membership fees.

## III. Board of Directors

A Board of Directors, elected at the Annual General Meeting, oversees the activities of the club. Three athletes' representatives bring their perspective to the board's monthly meetings. Please visit our Website to see our current Board of Directors list.

#### IV. Coaching Staff

Distance	Steve Adams
Junior Development	Jonathan Wong
Speed and Power	Rich Hesketh
Sprints and Hurdles	Dale Schoenthaler

#### V. Registration

The Club's membership year is from October 1st to September 30th. Dues include registration with Athletics Alberta, which provides liability insurance required for training and competitions. Spartans Online Registration link, forms and information are available on the club's website.

Spartans will not allow unregistered athletes to train or compete with the club, as they are not covered by insurance.

A two-week **Trial Membership** is available to athletes who may wish to try the Club. The trial is free but a waiver must be signed as the athlete will not be covered by insurance during the trial period.

At the discretion of the Board, the balance of an athlete's fees may be refunded within the first two months of membership. Membership fees are nonrefundable after the first two months.

#### VI. Member Benefits

##### Travel

##### **Meet Selection**

Spartans compete in a variety of indoor, outdoor and cross-country meets inside and outside Canada. In consultation with athletes, the club's coaches select appropriate meets based on training commitment, past performance, competition standards and the athlete's training program. The Board is responsible for approving all travel.

##### **Meet Cost**

Active members, in good standing, receive subsidies for entry fees, travel and accommodation to approved events in Calgary and within North-America. Subsidies can also be applied to meet outside North-America for High Performance athletes having qualify. Athletes are responsible for their own meals, spending money, and extra room charges (e.g., movie rentals, room service, phone calls, cleaning charges etc.).

All athletes entered in out-of-town competitions pay an **athlete contribution in advance of the meet**. This money partially offsets costs such as entry fees, transportation, accommodations and per diems for coaches and chaperones.

Athlete's contribution for is 50% of the total cost for entries, transportation and accomodation.

## Supervision

A coach and/or chaperone will accompany all athletes under the age of 18 to out-of-town competitions. These athletes must have the approval of their parent/guardian; this approval is required in writing for travel outside of Canada.

## Uniforms

Club colors are gold and green. The club will supply a uniform to each athlete, which they are required to wear at all competitions. All other equipment (e.g., shoes, spikes, special medical appliances) is the athlete's responsibility.

## Calgary Spartans Alberta Athletic Development Program (AADP) Funding Policy

AADP funding, when received from Athletics Alberta, is applied by Calgary Spartans Track and Field Club to directly benefit the athlete for whom funding is received. AADP funds are first used to assist the club with the substantial costs in sending these athletes to premiere national and international track and field events. Any remaining AADP funds can then be made available to the athlete for other purposes as outlined in the specific guidelines found on the Athletics Alberta website.

## Massage

At the request of a coach, the club will subsidize the cost of massage treatment for athletes according to the following schedule:

<i>Athletics Canada Carded Athletes</i>	– to a maximum of \$600/year
<i>AADP Athletes</i>	
i. Gold Card	- to a maximum of \$450/year
ii. Silver Card	- to a maximum of \$200/year
<i>Non-Carded Athletes</i>	- to a maximum of \$ 50/year

## VII. Member Obligations

Along with the privileges of membership, come its obligations. For active Spartan athletes this means supporting the club's fundraising efforts by working at approximately 10 - 12 bingos/year (depending on the number of active members) and a casino once every 18 months. The revenue from these activities allows the club to hire coaches, pay for outdoor training facilities, purchase uniforms, pay office expenses, and subsidize travel costs.

**When you register you are committing to working the required number of bingos/casinos for the full training year (October 1 – September 30). If you fail to work the full number of bingos, you will forfeit your volunteer deposit (see below) and your membership will be considered as “not in good standing” until the bingos/casinos are made up.** Coaches are available to provide alternative training programs for injured athletes.

## Bingos and Casinos

**Please note that bingo and casino workers must be at least 18 years old. Under-age athletes must arrange for a representative to work for them.**

The bingo coordinator will distribute a list of assigned bingos to each athlete approximately every six months. The bingos will be distributed throughout the membership year (Oct. 1 – Sep. 30).

Athletes who cannot work their assigned bingo must contact the Volunteer Coordinator immediately to arrange for alternative bingo dates or give the name of the representative working the bingo in their place. Failure to appear at bingo results in a \$100 fine/worker; this fine will be passed on to the athlete.

#### Track Meets

All members are also required to volunteer at approximately three sanctioned meets in Calgary each year. In addition to ensuring athletes have the opportunity to compete; this volunteer work is fun and a good chance to see Alberta's top athletes in action.

Athletics Alberta offers officiating clinics from time to time for anyone interested in this aspect of the sport.

#### Volunteer Commitment Deposit

All active members are required to pay a Volunteer Commitment Deposit as a guarantee they will fulfill their volunteer duties; the deposit amount is \$300. All Athlete Development athletes are required to pay \$150. A fine of \$100 will be deducted from this deposit each time an athlete fails to work their scheduled bingo, casino, or track meet. An athlete missing 3 bingos in one year, November 1 to October 31, must join as an Associate member the following year. The amount deducted from the deposit must be repaid before an athlete is allowed to resume training or traveling with the club. The deposit may be carried forward from year to year as long as an athlete remains in good standing with the club.

#### Athlete Behaviour

Athletes training and attending competitions must remember that they represent the Calgary Spartans Track and behave accordingly. This means they must respect all rules set by coaches and chaperones. Athletes will be personally responsible for any damage they cause.

#### Banned Substances

As stated in the policies of Athletics Canada and Athletics Alberta, the use of banned substances or methods, in contravention of the rules of the IAAF is strictly prohibited. Athletes found to have contravened this regulation will be immediately expelled from the Club by the procedure outlined in the by-laws.

#### VIII. Training Camps

Club coaches offer athletes the opportunity to participate in spring training camps.

The club does not subsidize the cost of training camps. However, if possible, the club will assist active members in fundraising for this purpose. Athletes are selected to attend these camps based on commitment, training needs and the athlete's training program.

IX. What's On Your Mind?

Calgary Spartans wants to support your development as an athlete. Please feel free to contact your athlete representative or any member of the board if you have questions, comments, or problems you would like to resolve.

Members or parents are welcome to address at board meetings. Visit our Website for the time and place of the meetings and have the club Secretary place your concern as an item on the Agenda.

*Every morning in Africa a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa a lion wakes up. It knows it must run faster than the slowest gazelle or it will starve. It doesn't matter whether you're a gazelle or a lion. When the sun comes up, you'd better be running.*