

Registration

Register **ONLINE** at www.calgaryspartans.com

Or submit the registration form to:

234, 5149 Country Hills Blvd. NW, Suite 29
Calgary AB, T3A 5K8

Athlete's Name _____

Athlete's age as of July 20, 2018 _____

Alberta Health Care # _____

Address _____

City _____ Postal Code _____

Father/Guardian name _____

Daytime phone _____ Mobile _____

Email address _____

Mother/Guardian name _____

Daytime phone _____ Mobile _____

Email address _____

Emergency Contact _____

Daytime phone _____ Mobile _____

Please advise if anyone else is authorized to pick up
your child _____

Please advise if there are any health concerns that we
should be aware of _____

Payment Information

We accept cash, cheque, or credit card.

To arrange for credit card payments, please contact
admin@calgaryspartans.com

About Us

Since 1971, the Calgary Spartans Track and Field Club has supported athletes to follow their dreams and passions.

Our values include:

- Providing a place where athletes can participate and strive in an environment that is inclusive, ethical, safe, drug-free, and fun.
- Recognizing that the journey is as important as the destination. Coaches mentor athletes to find their own level of success according to their individual abilities.
- Promoting a healthy life style where exercise and nutrition become a long-life habit.



X-Country Season

September to November at various park locations

Indoor Season

November to April at the University of Calgary and the Olympic Oval

Outdoor Season April to July at Foothills Athletic Park

Full Season September to July at the University of Calgary, the Olympic Oval and Foothills Athletic Park

www.calgaryspartans.com

@CalgarySpartans



New to track and field?

Looking to build on your skills for the upcoming season?

Try our Summer Camp!

July 23-27 for ages 8-13

Camps run from 9:00 am to 4:00 pm

Pickup and drop-off at the Foothills Athletic Park (behind McMohan Stadium)



What We Teach

Our goal is to provide a physical activity program that serves as a strong foundation for all sports.

Running

Starting technique – how to accelerate effectively and transition from stopped positions to running

Posture & body position – proper posture and body position to be able to run effectively

Arm & Leg Action – proper positioning and timing on arm and leg movements

Hurdling – how to maintain effective running technique between obstacles and hurdles

Pacing – how to effectively maintain/manage pace over a distance

Relays – used as a fun way to engage participants in group activities and fun races while introducing basic concepts of how to transfer the baton effectively



Jumping

Approach – how to effectively approach a jump so as to be able to take off effectively

Take-off – technique and body position to take-off for a jump

Flight – controlling the body in the air to maximize height/distance

Landing – how to land safely and effectively absorb impact

Throwing

Preparation – finding an appropriate position from which to initiate a throw

Building momentum – how to use your legs to help build momentum

Delivery – proper sequencing and weight transfer to deliver maximum force and accuracy with a throw

Follow Through & Recovery – how to effectively complete throwing movement and weight transfer



The Spartans' Summer Camp program is based on recommendations made by the Run Jump Throw Wheel program. Run Jump Throw Wheel is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, and throwing.

All activities are designed to teach fundamental movement skills using developmentally appropriate progressions to introduce and develop skills, with skill consolidation done through games and skill challenges.



Liability & Risk Release

- Minor Athletes-

I/We the parent/guardian of the athlete named below, hereby give my approval for his/her participation in any and all programs and activities of the Calgary Spartans Track Club. For the purposes of this Release & Waiver, "participating in" means involvement, going to, coming from, before, after, or during the activities of the Calgary Spartans Track Club.

I release each of the sponsoring parties from all liability and waive as against all of the sponsoring parties all resources, causes of action or claims of any kind for loss or damages including any consequential damage or loss and I voluntarily accept the legal risk, thereby expressly giving up any right of action and the physical risk arising from all liability whether such liability arises in contract, by reason of negligence or by reason of breach of duty raised by statute or in any other matter whatsoever.

I understand that none of the sponsoring parties assume any responsibility or liability whatsoever for my child's safety while he/she is participating in any of the activities or using any of the facilities in any way.

I have carefully read this Release & Waiver, I understand it, and I am freely and voluntarily executing it.

By agreeing to this Release & Waiver, I will be forever precluded from suing or otherwise claiming against any of the sponsoring parties for any loss or damage or injury or death I may sustain while participating in any of the activities or using any of the facilities whether or not such loss or injury is caused by the negligence, or fault of any of the sponsoring parties.

This Release & Waiver is binding on myself, my heirs, executors, administrators, personal representatives and assigns.

Name of Athlete _____

Name of parent/guardian _____

Signature of parent/guardian _____

Date (dd/mmm/yyyy) _____

Phone _____ Email _____

Name of witness _____

Signature of witness _____

Date (dd/mmm/yyyy) _____