

Frequently Asked Questions Regarding the Two-Week Trial

When is the best time to sign up for the 2-week trial?

- September, October, November, January, May (these months will allow the athlete to maximize their experience and minimize venue closures/ coaches out of town for track meets). June is an okay time to sign up for the 2-week trial, and July is discouraged as track season is finishing up.

Are there blackout periods?

- Yes, March/ April (indoor training venue unavailable for 2 week trials), mid July/ August (track winding up or finished for the season), December (lots of indoor track closures, holiday closures)

What can the athlete expect with the two-week trial?

- The two-week trial is merely a “taste” of the group practice plan for that moment in time. It is to give an athlete a chance to try out the club prior to signing up with the club.
- Athletes should come prepared to do their best, listen to the coach’s instructions, wear gear appropriate training depending on the season (fitted tights/ workout gear, layers, indoor running shoes for either indoor track in the winter or weight room), water bottle, a small snack for after-practice if need be. Workouts are typically 2 hours in length. It is imperative to share any medical conditions/ injuries with the coach (asthma, sprains and strains, etc). The coach will modify based on athletic ability. Do as much as possible but be sure to stop an activity if in pain!
- If the trial is going well and the athlete wants to sign up with the club, notify the registrar to begin the formal registration process.
- If the trial is not going well, notify the registrar and the registrar can update the coach (track and field is not for everyone and it is better for us know why an athlete has chosen not to sign up with the club).

What to expect when signing up for the 2-week trial through the Registrar:

- One of the first questions the registrar will ask: what discipline? Sprints, Distance, high jump/ long jump, throwing events, hurdles or a combination. Great to share this information right away when contacting the Registrar.
- One of the next questions the registrar will ask: how old is the athlete? This will determine with which groups the athlete can train. The main difference would be Athletic Development athletes and Athletes over age 14. Please share the age of the athlete when contacting the registrar. Athletes over age 14 will be matched with the coach from their discipline.

Can I just show up to the track and join a training group?

- Two week trials must be completed through the Registrar - please do not just show up to the track, we shall have to turn you away with instructions to sign up and return another day!
Registrar@calgaryspartans.com