

Frequently Asked Questions (FAQ)

Getting Started

What is track and field?

Track and field is made up of several individual disciplines: throws, jumps, sprints, and distance. Within each discipline there are additional sub-categories (for example, in throws there is shot put, discus, javelin, and weight throw) for a total of 13 distinct disciplines:

- Middle and long distance
- Sprints
- Hurdles
- Long jump, triple jump, high jump, and pole vault
- Steeplechase
- Shot put, discus, javelin, and weight throw

This makes track and field a bit different from a sport such as soccer or football.

Is track and field a team sport?

Track and field offers the best of both worlds. It is an individual sport where athletes compete more against their own personal times than they do with each other, yet athletes are able to train together as a team and experience the team spirit found in team sports.

Although participating in meets is not mandatory, we strongly encourage all athletes to try.

What ages does the club accept?

- **AD (Athlete Development):** U10 - U16 in the summer at U14 - U16 + masters indoors
- **Distance and Sprints/Jumps/Hurdles:** Typically U14 and up, with athletes grouped by ability and event focus

If you are unsure which program is best for your athlete, we are happy to help guide you.

How do I know which program is right for my athlete?

Choosing the right program depends on:

- Age
- Experience level
- Competitive goals
- Weekly availability

If you're unsure, we recommend taking advantage of our free two-week trial. This allows athletes to meet the coaches and other athletes in the group and get a flavour of the training group.

When can I join?

We typically offer two-week trials at the beginning of each season. There will be one or two in April, and another in September.

If you're planning to train with the Spartans throughout the indoor season, it is best to join early in September, as we reach our capacity in the Oval quite early.

What do I need to bring on the first day of a trial?

- Running shoes
- Water
- Hat
- Sunscreen
- Clothing appropriate for the season (rain gear, sweatshirts, pants, etc.)
- Proof of Athletics Alberta trial membership

Programs

What programs does the Calgary Spartans Track & Field Club offer?

We offer four main training programs:

Program	Ages	Events	Practice days
Distance	U16 and older	Cross Country and endurance races	Mon/Wed/Fri 5:00 - 7:00

		800m and longer	Sat 2:30-3:30
Sprints, jumps, & Hurdles	Ages U16 and older	Sprints, long jump, triple jump, hurdles, throws	Mon/Wed/Fri 5:00 - 7:00 Sat 12:30-2:30
AD Outdoor	U10 - U14	Multi-events	Mon/Wed/Fri 5:30 - 7:00
AD Indoor	U14-U16, masters	Multi-events, sprints	Tues 6:30 - 8:00 Sat 8:30-10:30

Note that U16 athletes who are new to track and field must do a season with AD and will be moved up upon coach recommendation.

How competitive is the club?

We support athletes across a wide range of competitive goals:

- Athletes aiming for high-performance competition (Distance & Sprints)
 - Athletes seeking developmental or recreational participation (AD)
-

Training

How often do the programs train?

- **Distance Program:** 3 or 4 practices per week depending on season
- **Sprints, Jumps & Hurdles Program:** 4 practices per week
- **Athlete Development (AD) Indoor:** 2 practices per week
- **Athlete Development (AD):** Ages 10–13, 3 practices per week

When are the practices?

Program	Season	Schedule
Distance	Indoor (Nov - Apr) Outdoor (Apr-Aug) Cross Country (Sep-Oct)	Mon/Wed/Fri 5:00 -7:00 Sat 2:30-3:30
Sprints, jumps, & hurdles	Indoor (Nov - Apr) Outdoor (Apr-Aug) Base Training (Sep-Oct)	Mon/Wed/Fri 5:00 -7:00 Sat 12:30-2:30
Athlete Development (AD)	Outdoor (Nov - Apr) Cross Country (Sep-Oct)	Mon/Wed/Fri 5:30 -7:00
Athlete Development (AD)	Indoor (Nov-Apr)	Tues 6:30-8:00 Sat 8:30-10:30

Where do practices take place?

Indoor Season

Distance & Sprints/Jumps & Hurdles

- Olympic Oval (Monday, Wednesday, Friday)
- Foothills Athletic Park Weight Room (strength training)

AD Indoor

- Jack Simpson Gym, University of Calgary

Outdoor Season

All outdoor training takes place at Foothills Athletic Park.

Cross Country

Groups meet at various outdoor parks around Calgary, typically:

- West Confederation Park (Canmore Park)
- Confederation Park

Up to date schedule information is communicated on TeamSnap

Do athletes do strength training?

Yes.

During the winter season:

Athletes in the Distance and Sprints/Jumps & Hurdles programs participate in weekly weight training at the Foothills Athletic Park weight room on Saturdays. *(I think this is Saturdays in the summer and Sundays in the winter.)*

Strength work is age-appropriate and supervised by qualified coaches.

How bad does smoke need to be before practice is cancelled?

For safety reasons we cannot hold practice during a lightning storm or if the smoke is too heavy.

We will modify practice if the smoke index is 6 or below, but once it reaches 7, it becomes unsafe and we will cancel practice.

Competition

Do athletes have to compete in meets?

For all programs, athletes are encouraged but not required to compete.

Where can I register for a meet?

- Calgary Spartans website: <https://www.calgaryspartans.com>
- Athletics Alberta calendar: <https://athleticsalberta.com/calendar/track-field/>
- Calgary Track Council: <https://calgarytrackcouncil.com/>

The Calgary Spartans **Meets and Schedules** page should be your primary source for current information.

Registration & Membership

What is an "AA" membership?

In addition to club registration, all athletes are required to hold a membership with Athletics Alberta ("AA").

Among other things, Athletics Alberta provides the insurance the city requires for use of the track.

Athletics Alberta's registration system is AthleticsReg:

<https://athleticsreg.ca/#!/memberships/athletics-alberta-2026-membership>

When does a full-year membership start and end?

Memberships run January through December. Any membership purchased after September 1 for the next year will become effective immediately and last through December of the next year.

How do I register or get more information?

Visit www.calgaryspartans.com

You can also find contact information on the website if you have questions about programs or athlete placement.

Fees & Expenses

How much does it cost?

Registration information:

<http://www.calgaryspartans.com/registration/>

Age	Full Year (FY)						Athletic Development (AD)				X-Country		Outdoor (O)		
Group	A	MEM1	MEM2	FAC	VCD	MAX	A	MEM	VCD	MAX	A	MEM	A	MEM	VCD
Masters	✓	545	545	660	300	69	✓	450	150	19	✓	275	✓	550	150
Open	✓	545	545	660	300		✓	450	150		✓	275	✓	550	150
U20	✓	545	545	660	300		✓	450	150		✓	275	✓	550	150
U18	✓	545	545	660	300		✓	450	150		✓	275	✓	550	150
U16	✓	545	545	660	300		✓	450	150		✓	275	✓	550	150
U14							✓	450	150		✓	200	✓	450	150
U12											✓	200	✓	450	150
U10											✓	200	✓	450	150

Senior Groups

- Senior groups full year: \$1,750 + \$300 volunteer deposit
- Senior groups XC: \$275
- Senior groups outdoor: \$550 + \$150 volunteer deposit
- AD Indoor: \$450 + \$150 volunteer deposit
- AD Outdoor: \$450 + \$150 volunteer deposit
- AD XC: \$200

There is no indoor-only option. Athletes wishing to train only during the indoor season may register for the full-year program and cancel before the March 15 payment.

Are there expenses I am responsible for other than those listed above?

Athletes are responsible for:

- Meet entry fees
- Coaches' travel contribution of \$35/meet (for away meets)
- Meet travel
- Clothing, spikes, etc.

The facility fee is included in the AD Indoor training fee.

I cannot attend all practices. Can I get a discount?

You are welcome to skip practices, but no discount is provided.

Volunteers

What is the volunteer commitment?

Each full-year athlete (or parent) is required to complete:

- Two bingo shifts
- One additional volunteer shift (track meet, bingo, or another volunteer opportunity)

Each shift is approximately four hours.

Requirements

- Full Year: Three shifts (two must be bingos)
- Outdoor Only: Two shifts (one must be a bingo)
- Indoor Only: Two shifts (one must be a bingo)
- Cross Country: No shifts required

What are ways I can volunteer with the club?

Bingos

Held approximately 16 times per year.

- Regular shift: \$75
- Late-night shift: \$85

Funds are credited to the athlete account and can be used for training-related expenses.

Casinos

Held approximately once every 18 months.

Each shift earns \$250–300 toward the athlete account.

Volunteers for bingos and casinos must be at least 18 years old.

Track Meets

Volunteers may assist with:

- Raking the sand pit
- Security
- Delivering snacks
- Other meet support

No experience is required.

Club Events

Examples include:

- BBQ
- Spring Spirit Run
- Spartans Relay Race

Officials

Officials perform timing, measuring, starting races, and many other essential roles.

If you are interested in becoming an official, we can help you get started.

Board Leadership

The Board of Directors consists entirely of volunteers, typically parents and athletes.

Athlete Accounts

Where does my payout from a bingo or casino go?

Money earned through bingo or casino volunteering must be used for sport-related expenses and can only be paid out in cash if you provide receipts for eligible expenses.

Funds are deposited into the athlete's account.

The athlete account tracks:

- Club charges

- Volunteer earnings
- Credit card payments

Smaller purchases (such as a singlet) are charged to the athlete account.

We ask that you make a payment whenever your balance exceeds \$50.

Positive balances may be used toward club fees.

Payments can be made:

- Online by credit card through Sport Manager (link on the website)
- By e-transfer to admin@calgaryspartans.com

If using a password-protected e-transfer, please remember to send the password as well.

Communication

What do you use for club communication?

We use TeamSnap for scheduling updates and team chats.

Occasionally we must make last-minute cancellations or location changes, so please check TeamSnap regularly.

How do I add an email address for TeamSnap notifications?

Log into TeamSnap through a web browser on your computer.

From there you can add family members and edit contact information.

This cannot be done through the mobile app.

Coaching

Can I book a private training session with the coaches?

Athletes outside the club may book private sessions with our coaches, but registered athletes may not.