

2019 OUTDOOR TRACK AND FIELD NEWSLETTER FOR MTA ATHLETES

INTRODUCTION: The Brantford Track and Field Club is an incorporated “Not for profit” organization whose purpose is to introduce the different events of track and field to interested athletes of Brantford and surrounding areas. All of our coaches and executive are volunteers who put many hours of work into teaching and growing the sport in Brantford. The Minor Track Association of Ontario (MTA) is the governing body for the elementary school aged athletes that provide our insurance and run the weekend track and field meets that our athletes can participate in, if they so choose.

WEEKLY PRACTICES: Monday and Wednesday evenings (weather permitting) at the Assumption high school sports fields , from 6pm to approximately 7:30pm. The season starts Monday May 6, and our final training day this year will be Wednesday July 24th..

RAIN AND POOR WEATHER: In case of rain or thunderstorms on a practice night it is up to parents/caregivers whether to bring their athlete to practice. We will not practice in a thunderstorm situation, but in a light rain or drizzle there will be some athletes who may choose to show up. As a club, we do not have the time or resources to email everyone about whether practices are cancelled. We do have a website (www.brantfordtrackandfieldclub.com) that provides useful information and from time to time we post notices about cancelled practice nights. We will also try to post up any cancellation notices on to facebook. Parents should use their own discretion and make their own decisions regarding weather.

FEES: The competitive fee for summer track is \$170 due 2 weeks after the athletes first practice session. The competitive fee covers the athlete’s membership in the MTA, and it covers the meet entry fees for any meets the athlete chooses to compete in. There is a non-competitive fee of \$170 which covers the entire year of training with the club, including the fall cross-country session. Non-competitive athletes cannot participate in the meets unless it is our own club hosted event. It is a “training only” fee for athletes which appeals to those that are interested in physical fitness, but not necessarily the competitiveness of the meets. Those parents that have already paid the full year fee do not have to pay anything else.

CLUB GOALS/PHILOSOPHY: We want to introduce the sport of track and field to the elementary school aged athlete. For those that compete in the meets, we encourage the goal of “personal bests”, or trying to better your own time or distance in an event. Achieving a personal best is an accomplishment, regardless of whether that meant the athlete won, or was the last place finisher. We want athletes to learn that working hard in practice can lead to positive results, and conversely, just going through the motions and not really working hard also gives an appropriate result (poor result)

MEETS: There is a meet every weekend from May 18th until the final championship meet which is held July 27 and 28 this year. Usually meets are on Saturdays, but sometimes Sunday, depending on venue availability. The meets are usually within a 2 hour drive. Coaches will not

be able to attend every meet as our weekends are variable and busy just like yours. From time to time we require a parent volunteer to look after paying the meet fees to the host club (cheque provided) and handing out the competitors' numbers to our athletes. If no one steps forward to do this, then no Brantford athletes will be entered for that weekend's meet. Meets are not mandatory. Parents should only wish their athlete to go if they can drive them themselves, and be on hand to supervise as well.

It is up to parents/caregivers to let Brent know by the Wednesday evening practice whether the athlete wishes to go in the upcoming weekend meet. Check out the MTA website at www.minortrack.org for the schedule of meets, plus the detailed meet information. For every meet, there is a waiver form that the parent needs to complete.

Performance anxiety or meet stress is common for a lot of beginning athletes and as a coach this is very easy for us to notice. Some athletes easily overcome it, some show no signs whatsoever, and some will always have it. For those that learn to handle it positively, this is another benefit of our program.

COACHES: Brent Hutchinson, club President and MTA coach

Bruce Mitchell, MTA coach

ASSISTANT COACHES: various alumni athletes and parents who assist when available.

Please investigate our website and the Minor Track of Ontario website to assist with looking up information. You can also email me at hutchinson@execulink.com and I will try to get back to you in a timely manner.

Practices are not mandatory as we know that families are busy and vacation plans and other things happen through-out the season. As well as the running events we try to introduce interested athletes to jumping (not the high jump) and throwing events

Brent Hutchinson, President of BTFC and MTA coach