



The CVAC Jaguars Track & Field Club (CVAC Jaguars) is a non-profit, youth-oriented athletics club, committed to coaching and training Cowichan Valley athletes so they can achieve their potential in track and field.

Our mission is to *“provide member athletes (ages nine to adult) with an opportunity to learn, develop and enhance their skills in the sport of Athletics”*. The CVAC Jaguars promotes fair play, sportsmanship and integrity in the spirit of competition and team building.

Since 2000, the CVAC Jaguars has supported hundreds of athletes. The success of our Club is due to our team spirit and dedication to athlete development. Not only are we proud of our athletes who train for personal bests, we are proud of our volunteer support team! Every volunteer who coaches, officiates or serves on the board does so for the benefit of the Club. Thank—you for volunteering as it is truly appreciated. Together the Club can accomplish great things!

BC Athletics

BC Athletics is the Provincial non-profit amateur sport organization for Track & Field. A Branch member of **Athletics Canada**, **BC Athletics** is made up of individual members, member clubs and affiliated organizations. The purpose of the Association is to promote, encourage and develop the widest participation and the highest proficiency in the sport of Athletics.

VIAA - Vancouver Island Athletics Association

The V.I.A.A. organizes an annual Track and Field Series in the spring and early summer with two day meets, offering most of the events in track and field. The “V.I.A.A. Series” is sanctioned by BC Athletics. Athletes, who compete in three or more of the meets, are eligible for V.I.A.A. awards.

The V.I.A.A. holds two meetings annually (in February and September) to plan future events, review past events, and to discuss matters of track and field pertinent to all member clubs.

All member clubs within the V.I.A.A. are members of the BC Athletics Association, the governing body of track and field in the province of British Columbia, Canada.

2017 V.I.A.A. Club Officiating Assignments

- **Port Alberni Valley:** Shot Put
- **CR Comets:** Horizontal Jumps [Triple Jump and assist with Long Jump]
- **Comox Valley Cougars:** Hammer Throw
- **Cowichan Valley Jaguars:** High Jump
- **Nanaimo Track:** Finish Line [and where needed]
- **Oceanside:** Javelin
- **Pacific Athletics:** Discus
- **Peninsula:** Long Jump
- **Powell River:** Finish Line
- **Vic Track:** Hand Timing & Finish Line
- **BC Athletics:** Camera, track referee, field referee, results

Athletic Development

Programs & Training Sessions

Junior Development

Practices: March – June (*July option for those attending summer competitions*)
Tuesdays and Thursdays 5:30-7:30
Focus: Progressive skill development and low key competition for children 9-12/13 years, two times per week

Midget -Junior Programs

Practices: March – June (*July option for those attending summer competitions*)
Tuesdays and Thursdays 6:30-8:00
Focus: Advanced competitive programs for athletes 13/14 years+

Endurance/Cross Country Program

Practices: September – November
Wednesdays 4:30 – 6:00 and Saturdays 10:00- 11:30
Focus: To train and prepare for the BC Athletics Cross Country Championship

Winter Conditioning Program

Practices: January – March
Tuesdays and Thursdays 6:30-8:00
Focus: Improving fitness and athleticism

Note: Practices are cancelled if water pooling on track during rain. Please check your emails and refer to the notice posted on the CVAC website named "Sportspex Track Status" to see if track open or closed if weather is questionable

Coaching

We are always looking for coaches so if you have experience in a specific track or field event or **would like to learn**, please contact our Athletic Director, Bonnie Griffiths, at Athleticdevelopment@cvac-jaguars.com. Throughout the year, many V.I.A.A. track clubs host B.C Athletic NCCP Sport Coaching courses. The Club will reimburse course fees paid by any parent/volunteer who successfully completes the course and whose child is registered with the Club. Please note, to qualify for reimbursement, parents must commit to coaching 50% of the training sessions (approximately 14 training sessions) during the year the course was taken.

Head Coach: Bonnie Griffiths

Lead Coaches:

- **Sprints:** Dan Armstrong
- **Endurance/Middle Distance:** Karen Hallquist
- **Hurdles:** Kaitlyn Lee
- **Jumps (High Jump and Long Jump):** Laura Dewit
- **Throws:** Mike Dailey

Volunteers

The Club is run solely by volunteers and your help is always needed. Each family is required to volunteer 12 hours during Track Season, or pay the \$150 volunteer hour deposit. All volunteer hours must be recorded on the “[Volunteer Commitment Tracker](#)” (Google Sheet link available on CVAC Jaguar’s website when season active). It is each parent’s responsibility to record their volunteer hours as per the CVAC Volunteer Commitment Policy.

Suggested Volunteers hours:

- Help run the high jump event at during Vancouver Island Meets
- Help organize, set up and assist with events and concession during our own meet (Garriock Track Meet)
- Track athletes progress/results over season to determine Awards for Awards Banquet

Officiating

Officials and volunteers are always needed to help at Track Meets. The CVAC Jaguars is responsible for providing High Jump Volunteers for all VAAA Track Meets. If you would like to learn more about becoming a Track and Field Official, BC Athletics offers Training Clinics. For more info, please go to <http://www.bcathletics.org/Officials/>

Club Gear and Singlets

- Club Singlets are mandatory for competition.
- Club Singlets can be purchased or loaned to an athlete. The Singlet deposit for “loaners” is made at the beginning of the season.
- “CVAC Jaguars Club Gear” is available for purchase starting at the AGM and for the remainder of the season.

Club Information

- Community based non-profit organization
- Coaches are parent volunteers from the Club
- Governed by Board of Directors (maximum 8)
- Member of BC Athletics and Athletics Canada
- Registered under the BC Societies Act as of Oct 31, 2000, successfully transitioned, Nov 24, 2016.

Board of Directors

President: Laura Dewit

Vice President: Dewi Griffiths

Secretary: Penny Butler

Treasurer/Website Support: Mike Dailey

Registrar: Leslie Blumel

Athletic Director: Bonnie Griffiths

Volunteer Coordinator: Jake Zaiss

Equipment Manager: Dan Mayer

AGM and Awards Banquet

The Club hosts an Award Banquet in conjunction with the AGM in February where the following awards are presented:

Island Series Awards

Athletes must attend a minimum of four V.I.A.A. Track Meets to qualify for the Island Series Awards. Individual results are kept for all athletes. Awards are given based upon points accumulated for performances in each meet.

Club Awards

For male and female athletes in each age category, based on performance and sportsmanship.

BC Athletics also provide Awards of Excellence, based on meeting certain athletic standards.

For more information on Award Standards for Athletes 15+, go to:

<http://www.bcathletics.org/main/awardscrit.htm>

Award Standards for Athletes aged 9-14 go to:

<http://www.bcathletics.org/main/awards/jdstandards11.htm>

Track and Field Meet Information

Competition at Track Meets is **OPTIONAL**. Getting to and from trackmeets is the parent's/athlete's responsibility. Should your child wish to compete, there are many things to remember and be aware that it takes over 100 volunteers and officials to run a track meet. **We solely rely on our parent volunteer base for meets and practices.**

CVAC Jaguars Club V.I.A.A. Officiating Duty:

The CVAC Jaguars Track and Field Club is responsible for providing at least three volunteers to run the high jump at ALL Vancouver Island Series meets – check your child's schedule to make yourself available. Watching the high jump can very exciting!

We use a computer application called "Sign-Up Genius" that enables you to schedule a spot by logging onto the site. At the beginning of the season, our Volunteer Coordinator will send everyone a "link" to the Sign-Up Genius with a password.

In April, prior to the trackmeet season, we hold a "High Jump Officiating Clinic. *Please make the effort to attend this clinic and be familiar with the High Jump Instructions included in the Parent Information Package for more details. If you have any questions, you can always ask one of the executive for guidance.*

Track Meet Registration:

As of 2017, all V.I.A.A. Meets are pre-registration meets. The Club pays the entry fee which allows an athlete to compete in unlimited events (at most meets); the entry fee for the Dogwood Meet, held in Victoria, is the exception as it is “pay per event” meet. For the Dogwood Trackmeet, the Club pays for a total of three events.

At the meet:

Be very aware of your child’s schedule, as sometimes events happen very quickly and very close together – events can be moved ahead by up to 30 minutes

Track events take priority over field events. If an athlete has two events at the same time, they must check into both events and leave the field event only long enough to complete their run, then return immediately back to the field event.

Remember to cheer on teammates!!

Items to bring:

- Singlet/shorts, running shoes and/or spikes and tools (wrench, pliers, extra spikes, etc.)
- Sweats/jacket (to be worn while warming up and right after competition to keep muscles warm)
- Sunscreen, blanket and/or chair (some venues don’t have stands or bleachers),
- Umbrella
- Water bottle, Cooler packed with healthy snacks/lunch
- Positive attitude
- Warm clothes for then the sun goes behind the clouds.
- Blanket & pillows (to use when sitting in bleachers or on grassy viewing areas)

Ribbons & Results:

Ribbons/medals that are not picked up at a trackmeet are forwarded to the next meet on the V.I.A.A. Schedule. For CVAC athlete ribbons we do our best to collect and organize them alphabetically. Unclaimed ribbons are placed in an accordion folder which is then made available for athletes at the CVAC Equipment Locker.

Track meet results will be posted to the CVAC Jaguar website (<http://www.cvac-jaguars.com>) once host Club has released the final result.