

Zone 8 Alberta Summer Games Track and Field Team
Important Information for Athletes and Parents
Bill Corcoran, Zone 8 Head Coach
June 7, 2008

Thanks for coming to the Zone 8 ASG Trials. The good news for you is that we have 40 spots on the team and about 45 people trying out. So most of you will make the team!

In no particular order, here is the important information:

- The Games run August 7 to 10 in Medicine Hat. Transportation to and from the Games, accommodation (in school classrooms) and meals at the Games, and a uniform are provided.
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- The bus will leave Grande Prairie or Peace River either very early on August 7 or on August 6. The bus will return after closing ceremonies on August 10.
- **IMPORTANT:** Before you leave today, pick up an ASG registration form. If you can fill it out and get your parents to sign it today, that would be great. And if you could include a cheque for \$75 payable to ATHLETICS ALBERTA and leave the completed form with us that would be ideal. Otherwise, you'll have until **Wednesday, June 18** to get your paperwork and cheque to me. You can mail or drop off the stuff to me at
Bill Corcoran
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Grande Prairie, AB T8V 1S7

In any event, please fill out a form. If you're not selected for the team, we'll return your cheque un-cashed. Also, make sure you fill out **BOTH SIDES of the form!!**

- **Practices:** Starting next week, we plan to practice on Tuesdays and Thursdays at 4 p.m. at the Legion Track in Grande Prairie until the Games. If you plan to regularly attend the practices, we ask that you join the Peace Country Track and Field Club as they will be coordinating the training for the Zone 8 team. Contact **Arlene Boyd** about joining the PCTFC.

If you reside outside the Grande Prairie area and will be unable to regularly attend the practices, contact me for a training plan. If you need throwing equipment, we may be able to lend you some implements until the Games.

- **Coaches:** This will be the 4th time I've been the head coach for the Zone 8 team (and I was the Sport Chair for Track & Field when the Games were in Grande Prairie in 2000.) I've been involved in track & field for 30+ years as an athlete, coach, and organizer. I'm a NCCP Level 3 Distance Running and Level 2 Sprint Coach.

To assist me, we are fortunate to have 4 members of the GPRC Wolves Track and Field team. All of the assistant coaches have participated in at least one BC or Alberta Games. The assistants are **Erin Connell**, Eaglesham; **Rigel Carias**, Hinton; **Megan Crawley**, Grande Prairie; and **Roland Esposito**, Sexsmith.

- **Websites of Interest:**
 - www.wapitistriders.com – We'll regularly post updates about the Games and the team – check this site regularly
 - <http://www.2008albertasummertimegames.com/association.aspx> – This is the official site for the Games
 - We will also be setting up a Facebook group in the near future to help members stay in touch.

I look forward to working with you.. We'll have a great time working towards and taking part in the Games. You can expect that the Games will be the highlight of your summer. You'll meet many neat people, some who could become your life long friends.

Bill Corcoran, Head Coach
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