

**Dino Track & Field / Cross-Country
Information**

2018-19

Track & Field/X-Country Office: KNA 135

Coaches:

Head Coach: Doug Lamont lamont@ucalgary.ca 403-220-2479

Assistant Coaches:

Speed/Power

Rob Cumming
Les Gramantik
Ricardo Greenidge
Jane Kolodnicki
Eric Koo
Duncan Margach

Distance

Doug Lamont
Terry Crook
Stephen Adams

Team Leaders

Liam Banks
Alex Gall
Ryan Grieco
Caitlin LeBlanc
Natalie McDougall
Colin Unruh

First Team Meeting – Information & Organization Meeting

Wednesday September 12, 2018, 5:00pm. Location TBD

Athlete Eligibility Forms

Athlete Questionnaire for new athletes

Risk Management Waiver

U Sports Registration

Medical Forms & Drug Education

<http://godinos.com/sports/2014/8/25/Medical.aspx>

Online Medical form

Drug Education session

Medical form Intake Days for T&F and XC

Track & Field – TBD

Cross Country – TBD

Rookies – TBD

Team Fee: \$560 (Due September 30, 2018)

Includes \$30 for Fund Raising Commitment

To be completed after you have a confirmed training group/coach

Payable by cash, DEBIT, VISA, MASTERCARD or AMEX at Kinesiology Client Services

Communication

Regular Email Bulletins. It is your responsibility to stay informed.

UCAC Website: <http://uofcathletics.ca/> Programs – Varsity

Volunteer for Team Hosted events:

- a. **Dino Dash.** September
- b. **Stewart Cup.** October
- c. **Calgary Indoor Track Series.** December-January
- d. **Dino High School Challenge.** May

Fund Raising

Cabarets. TBD

Other. TBD

Uniforms

1. Competition Uniform

Team Singlet is provided, Athletes will be expected to purchase Nike black shorts.

2. Additional Team clothing will be provided.

Lockers

Lockers will be assigned to Traveling roster athletes first. Remaining spots will be assigned based on a waiting list.

Dinos Athletics

We are a member of a larger family at the University that includes all the Varsity Sports and there are expectations of us to contribute.

Track and Field

First Practice: Determined by Event Coaches

Team Meetings / Trials – All Team Members are expected to attend

- a. Wednesday September 12, 2018, 5:00pm. Location TBD
- b. Dinos Athletics Student-Athlete Orientation – TBD
- c. Sunday September 30, 10:00am. Foothills Track
 - a. Speed/Power Testing
- d. Sunday November 4, 10:00am. Jack Simpson Track
 - a. Speed/Power Testing
- e. Saturday/Sunday December 8-9, 2018. Jack Simpson Track/Olympic Oval
 - a. Dino Opener

Team Picture: TBD

Cross Country

First Practice: Tuesday September 4, 2018. 4:30pm. Meet at Olympic Oval Entrance

Group practices are Tuesdays and Thursdays at 4:30pm and Sundays at 10:00am

Team Trial: Sunday September 16, 2018, Time 10:00am – Time Trial at Olympic Oval

Team Picture: TBD– meet on Field west of Oval by Tennis Courts

Websites

Dino Athletics

<http://godinos.com/>

Trackie (CIS Ranking & News)

<http://www.trackie.com/CIS/>

Canadian Interuniversity Sport

<http://english.cis-sic.ca/landing/index>

Canada West

<http://www.canadawest.org>

University of Calgary Athletics Club

www.uofcathletics.ca

Athletics Alberta

<http://www.athleticsalberta.com>