

# Dino Track & Field / Cross-Country Information

2019-20

Track & Field/X-Country Office: KNA 135

## Coaches:

**Head Coach:** Doug Lamont      [lamont@ucalgary.ca](mailto: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  
Meaghan Manor  
Natalie McDougall  
Russell Pennock  
Kai Spierenburg  
Colin Unruh

## First Team Meeting – Information & Organization Meeting

Wednesday September 11, 2019, 5:00pm. Location KNB 126

## Registration

<https://godinos.com/sports/2018/7/11/dinos-athlete-intake.aspx>

1. **U SPORTS Central Portal**
  - a. Returning athletes need to do this right away
  - b. Incoming athletes can do this once they have been selected to the team
2. **CCES Online Education**
  - a. Returning athletes need to do this right away
  - b. Incoming athletes can do this once they have been selected to the team
3. **University of Calgary Risk Management & Facility Access**

To be done before first practice
4. **Medical Intake / E-PPE**
  - a. Must be done by all athletes on traveling roster
5. **Student-Athlete Bio Form**
  - a. Must be done by all athletes on traveling roster

## Team Fee: \$600 (Due September 30, 2019)

Includes \$40 for Fund Raising Commitment

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

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

**Event: F19YDTFV01**

## 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/Canada West Cross Country Champs.** 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 11, 2019, 5:00pm. Location KNB 126

b. Dinos Athletics Student-Athlete Orientation – TBD

c. Sunday September 29, 10:00am. Location- TBD

a. Speed/Power Testing

d. Sunday November 3, 10:00am. Jack Simpson Track

a. Speed/Power Testing

e. Saturday/Sunday December 7-8, 2019. Jack Simpson Track/Olympic Oval

a. Dino Opener

**Team Picture:** TBD

## **Cross Country**

**First Practice:** Tuesday September 3, 2019. 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 15, 2019, 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/>

Canadian Interuniversity Sport

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

University of Calgary Athletics Club

[www.uofcathletics.ca](http://www.uofcathletics.ca)

Trackie (CIS Ranking & News)

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

Canada West

<http://www.canadawest.org>

Athletics Alberta

<http://www.athleticsalberta.com>