

Dino Track & Field / Cross-Country Information

2020-21

Track & Field/X-Country Office: KNA 135

Coaches:

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

Assistant Coaches:

Speed/Power	Distance	Team Leaders
Rob Cumming	Doug Lamont	Liam Banks
Les Gramantik	Stephen Adams	Meaghan Manor
Ricardo Greenidge		Kennedy Rypien
Jane Kolodnicki		Kai Spierenburg
Eric Koo		

First Team Meeting – Information & Organization Meeting

TBD

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, 2020)

No Fundraising commitment at this time.

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

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

Event: W20YDTFV01

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 - Virtual
- b. **Stewart Cup/Canada West Cross Country Champs.** October - **Cancelled**
- c. **Calgary Indoor Track Series.** December-January
- d. **Dino High School Challenge.** May

Fund Raising

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

No Lockers will be assigned at this point.

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. Date and Time TBD. Location TBD
- b. Dinos Athletics Student-Athlete Orientation – TBD
- c. Sunday September 27, 10:00am. Location- Foothills Track
 - a. Speed/Power Testing
- d. Sunday November 8, 10:00am. Jack Simpson Track - TENTATIVE
 - a. Speed/Power Testing
- e. Saturday/Sunday December 5-6, 2020. Jack Simpson Track/Olympic Oval - TENTATIVE
 - a. Dino Opener

Team Picture: TBD

Cross Country

First Practice: Tuesday August 25, 2020. 4:30pm. Meet at Canmore Park

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

Team Time Trial: Sunday September 20, 2020, Time 10:00am – Foothill Track

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

Trackie (CIS Ranking & News)

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

Canada West

<http://www.canadawest.org>

Athletics Alberta

<http://www.athleticsalberta.com>