

Zone 8 ASG Track Mega Epic Update – July 5, 2016

Over the past few days, the Secrets of the Universe have been revealed to me. So how does this affect you? See below (aka READ this stuff – it's important!!!):

- **GAMES GEAR and LUGGAGE TAGS** – We have your Games Gear (an UnderArmour t-shirt). We will distribute it:
 - 1) At practice in GP at the track on Saturday, July 9 at 10:30 a.m. and Tuesday, July 12 at 4:30.
 - 2) Contact Josh joshmalmsten@hotmail.com and arrange to get it from him in Grande Prairie.
 - 3) On Bus 803 at 8 a.m. at the Leisure Centre in GP on Thursday, July 14 when we depart for the Games
 - 4) At the Games check in, 1:30p.m. in Leduc at the Leduc Composite High School.

If at all possible, please try to collect your gear before the Games. You'll need your t-shirt to march in the Opening Ceremonies. It's important that you DON'T BE THAT GUY (i.e. the one kid who forgets or loses his/her GAMES GEAR before the Opening Ceremonies.)

When we get to the games, Athletics Alberta will be providing you with a Zone 8 singlet uniform for you to wear in competition. You will provide your own shorts – black or dark blue are a good choice for shorts colour.

- **TRANSPORTATION and GAMES CHECK IN ON THURSDAY**– For those of you taking the bus to/from Games, the bus information list is linked at <https://wolvesac.files.wordpress.com/2012/04/zone-8-transportation-export.pdf>
The Games sent you an email with your bus information on July 4. It looks like we are all on Bus 803. It leaves GP at 8 a.m. from the Leisure Centre. If you are being picked up from another spot (Manning, Peace River, Valleyview, etc.) the e-mail from the Games will tell you the place and time the bus will be around.

Please be at your bus departure a minimum 15 minutes before your scheduled time. If you've changed your mind and won't be on the bus to or from the Games, that's cool, but we need to know about it. Contact Bill if you need to change any of your bus arrangements.

On the way down, the buses will be making short stops – too short for you to order and consume food. **Bring snacks to eat on the bus ...** but stay away from peanut butter and other nuts, ok. On the way home, the Games will provide you with a box lunch to eat.

The buses should be arriving in Leduc at the Leduc Composite High School for check in about 1:30 p.m. on Thursday. If you are not taking the bus, plan to meet the team at the Games Check in at Leduc Composite High School at this time. Once we check in, we'll go to the accommodations, set up, then go to dinner, and then go to the Opening Ceremonies.

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On Sunday, the buses leave at 2:30 p.m. You'll check out of the accommodation on Sunday morning, go for breakfast, and then you're free to go watch other sports or just chill until the bus leaves.

- **ATHLETE HANDBOOK** – These Games are “green,” so they aren't printing and distributing Athlete Handbooks. You can access the handbook at <http://fscs.rampinteractive.com/albertagames/files/association/ParticipantHandbook32.pdf> if you want your own paper copy or e-copy. Some of the important highlights in the Handbook not already covered in other bullet points in this missive are:
 - 1) **You absolutely need to stay in the Athlete's Village on Thursday, Friday, and Saturday nights.** (Yes, Saturday night too – after you've finished competing.) The Games are really sticky on this point. On Sunday morning, your parents can sign you out if you're not taking the bus home.
 - 2) **No alcohol, tobacco, or illegal drugs.** This goes without saying, but I'll say it anyway. Think of it this way. Your coaches have volunteered their time and effort to give you a great Games experience. Don't be selfish and cause them grief and yourself major embarrassment. If you feel the compelling need to “partee” with these substances during July 24 to 27, then please stay home.
 - 3) **Can I go watch other sports or take off with my parents when I'm not competing?** Yes. However, we'd like you to be around the track for Friday and Saturday to cheer on your Track team mates as much as possible. If you do take off
 - a. Tell one of the coaches where you are going and when you'll be back – and give him/her your cell number so they can get a hold of you.
 - b. You absolutely need to be back to the accommodation before curfew (11 p.m. or earlier if we set an earlier team curfew.)
 - c. If you're not going with your parents, it's preferable that you take one of your team mates with you – travel in pairs or packs ... but not a one-man Wolf Pack, ok.

- **COMPETITION VENUE** - The track and field competition takes place at John Bole Athletics Park beside the Leduc Composite High School on Friday and Saturday, 10 a.m. to 4 p.m. <http://fscs.rampinteractive.com/albertagames/files/association/Athletics%20Schedule1.pdf>

If you need a refresher about which events you have been entered in, go here:

<https://wolvesac.files.wordpress.com/2012/04/16asgrosterjul4.pdf>

Zone 8 will have a 10 x 10 tent canopy set up as “home base.” You can leave your stuff here (non-secure) or just chill at the tent when you are not competing.

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Plan to be at your event a minimum of 45 minutes ahead of time. (Better yet, plan to be around the track for the whole competition time so you can support your team mates when you are not competing.) You'll need to check in with the officials at your event – usually a minimum of 30 minutes ahead of the scheduled time.

- **ACCOMODATION, FOOD, and INTERNAL TRANSPORTATION** – The guys will be staying at **Leduc Jr High** - down the street from the Track and about a 15 minute walk from the Food venue - and the girls are staying at **Leduc Composite High School** which is right at the Track and about an 18 minute walk to the food venue . You will be sleeping in school classrooms with about 20 people per room. Be respectful of the other 19 people in the room by keeping your area as tidy as possible.

It's important (at a minimum) that you bring the following with you:

- Sleeping bag and pillow for sleeping (the Games provides a mat to sleep on)
- Towel and toiletries (we don't want to be dealing with any stinky boys!)
- Your Games Gear – see above
- Hat, sunscreen, and a water bottle
- Competition footwear: Track and jumpers – spikes if you have them; Throwers – skate shoes make great throwing shoes
- Warm clothes and rain gear – the weather could be crappy – it's Alberta after all.

Some other things you might consider bringing:

- Earplugs
- A small portable fan
- An air mattress
- A bit of spending cash to buy souvenirs, snacks, etc.

It's not a great idea to bring a load of valuables (e.g. Ipads, expensive sunglasses, large amounts of cash, priceless Renaissance Art, etc.) because these things can go missing. The accommodation is supposedly "secure," but it's better to be safe than sorry.

There are group showers at the accommodations.

The organizers provide all meals (Thursday supper to Sunday lunch) at the Food Centre at Genesis Place. It's important that you pay attention to when you are competing so that you can eat at the appropriate times – runners in particular. (Runners should be avoiding heavy meals for at least 3 or 4 hours before races. Keep it light.) Generally speaking, the food has been ok to good at past Games. You will need to have your Games ID with you to access the Food Centre.

During the Games, the organizers provide an internal busing network that will get you to and from the accommodations and Food venue, Track, and other Games' activities (e.g Athlete's

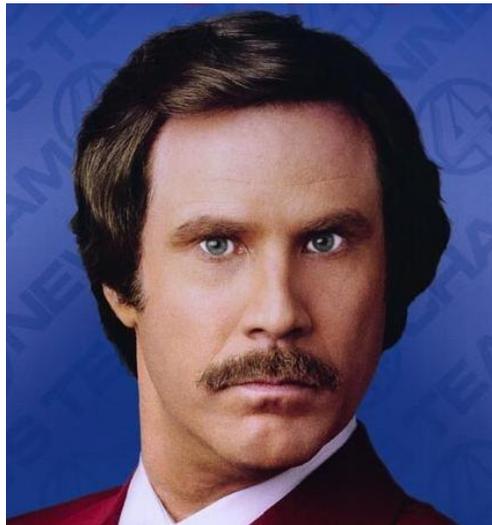
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Dance on Saturday.) To ride the internal Games' buses, you need to have your Games ID with you.

BILL'S CONTACT INFO – If you need to get a hold of Bill before or after the Games, e-mail, Facebook Msg, or go old school and call 780-538-2369 – text message him at your own peril. During the Games, Bill will attempt to keep his phone charged, so you can call Bill at 780 -538-2369.

Zone 8 Banner Carrier – If you want to be the Zone 8 Banner Carrier in the Opening Ceremony, you are invited to enter by posting a video telling people why you want to be a banner carrier on Instagram – deadline is July 8. (Sorry Erin Connell and Rigel, you are not eligible. Parker Gades? Now there's a kid with potential. #DoItIDaresYa) <https://www.instagram.com/albertagames/?hl=en>

FINAL THOUGHT – In the immortal words of Ron Burgundy, Anchorman – *You stay classy, Zone 8!* Let this simple phrase guide your actions before, during, and after the Games.



Ok, so now you're up to date

Bill Corcoran

ASG Athletics Zone 8 Head Coach

P.S. You'll need to learn how to execute a proper **Bill Wave** for any official Zone 8 ASG Track and Field pictures being taken during the Games. If you are unaware about how to execute this move, Hayden or Erin Connell will conduct a short clinic for team members on Friday morning before the competition starts. Also see <https://www.facebook.com/groups/147972705217689/>

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Bus Information