

2016 NW Zone 8 ASG Track and Field Team

Update #1 – May 22, 2016

So I've had a chance to get caught up a bit this weekend. Here's some important information to get you started on your journey to the ASG July 14-17 in Leduc:

- **Roster/Events** – I've posted an initial roster of events. This will likely change as we get closer to the Games – every year, we have a few people drop out and we'll replace those people with the Alternates ... which may necessitate re-juggling some events.

For those of you who may have questions about how events were assigned, here's the process I followed:

1. Based on experience, our best athletes tend to have the best chance to medal in the Multi-Events (Pentathlon, Heptathlon, Octathlon.) So, those were the first events assigned.
2. Athletes who were assigned multi-events were then worked in to one or two or three other events (mostly relays) that didn't conflict with their multi-event events .
3. After that, athletes were assigned to events that they did well at the Trials.
4. All athletes had to end up with at least 2 events, so it's possible that an athlete who finished behind you at the Trials has been assigned an event that you weren't assigned to.
5. Any vacant events, were assigned to athletes who did related events at the Trials (e.g. Hammer was assigned to discus throwers, 300m hurdles were assigned to 100m hurdlers, etc.)

Note: If you have a "?" in your events, get a hold of me and confirm whether or not you want to do the event at the Games.

See <https://wolvesac.files.wordpress.com/2012/04/16asgrostermay22.pdf>

- **Practices in Grande Prairie** – For athletes in the Grande Prairie area, we'll start team practices on Tuesdays, starting May 31 at 4:30 p.m. For now, we'll go on Tuesday, but we may add days later on depending on the interest.

For out of town athletes, if you can make the odd Tuesday practice, that's great. I don't expect you to drive 2 hours each way from Peace River to be at practice every Tuesday. However, it's up to you to practice on your own – you want to be at your best for the Games in July. If you'd like some advice about training, please e-mail me.

Training Plan for 800,1200,1500,2000 or 3000 - this was the plan for 2014 – I'll update it for 2016 at some point)

<https://wolvesac.files.wordpress.com/2012/04/14asgtrainingplan3000and1500.pdf>

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Training Plan for Throwers

<https://wolvesac.files.wordpress.com/2012/04/12throwertraining.pdf>

Training Plan for Multi-Eventers

<https://wolvesac.files.wordpress.com/2012/04/12multievents.pdf>

Training Plan for Sprinters and Jumpers (see the first part of the Training Plan for Multi-Eventers linked above)

- **Games Registration** – We’re still working on this. More details will be forthcoming. The team fee is \$125 and it will need to be paid when you register. The fee will cover your transportation to and from the Games, your meals at the Games, and a Games and Team uniform.
- **Keeping in Touch** – Organizing a group of 40 athletes + coaches + parents is really an exercise in “herding cats.” That being said, we have a:

Zone 8 Track website <https://wolvesac.com/nw-zone-8-alberta-summer-games-track-team/>

Zone 8 Track FB Group <https://www.facebook.com/groups/431578573531175/>

If you haven’t done so, I’d encourage you to join the FB group. Also, check the website regularly, I’ll update it frequently.

If you have any questions, the best way to get a hold of me is to e-mail me at bcorcoran@gprc.ab.ca. Also, I’ll be at Zones this weekend in Peace River, so make sure you say “hi” and introduce yourself to me sometime during the weekend.

Bill Corcoran
NW Zone 8 ASG Head Coach