

2016 NW Zone 8 ASG Track and Field Team

Update #2 – June 14, 2016

Greetings. Sorry I've been a bit remiss in contacting you. I was away for most of the last two weeks, so I need to play a bit of catch up. Here are a few action items:

1. Registration– I'll need you to go

<http://albertagames.com/default.aspx?p=albertasummerregistration>

and fill out the registration form. Your sport is ATHLETICS, your zone is 8, and if in doubt check the box that says you will be taking the bus to and from the Games (you can always cancel later – that's easier than adding.) Register this week – the absolute **deadline in June 21**, but lets all get it done this week.

The fee for the Games is \$125. Athletics Alberta is working on a online payment solution – when it is set up, I'll direct you to it for payment.

2. Practices in Grande Prairie – We'll continue to run practices in Grande Prairie at 4:30 p.m. on Tuesdays. In addition, I'll run a Saturday practice on June 18 at 10:30 a.m. if I can get the track. I need to confirm the booking with the City – check the Facebook group for an update.

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.

3. Training – See below for some training plans

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>

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)

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- 4. Sherwood Park Track Classic – July 2 and 3** – There's a meet in Sherwood Park on July 2 and 3 that would be an excellent opportunity to get some more practice in before the Games. Here is the link for the meet information. Note the entry deadline is **Friday, June 24**.

http://sherwoodparktrackclassic.ca/index.php?option=com_content&view=article&id=3&Itemid=18

Note: You are supposed to be a member of Athletics Alberta to compete (I know most of you aren't and it costs about \$100 to join), but I'll ask them if they waive this requirement for ASG team members. They did last time – stay tuned.

- 5. 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. me sometime during the weekend.

Bill Corcoran
NW Zone 8 ASG Head Coach