

2016 NW Zone 8 ASG Track and Field Team

Update #3 – June 20, 2016

Ok then, a few more things have come up in the past few days. So

1. **Registration and Payment**– By now you should have received a confirmation from the Games that you are in. If you haven't, make sure that you are checking the e-mail you provided on the online form. If you haven't received confirmation yet, get a hold of me.

Athletics Alberta is still working on an online payment solution. It's expected to be ready soon ...

2. **Event Roster update** – We've had a few dropouts and added a few new people to the roster so the events have moved around a bit. Check the latest version at

<https://wolvesac.files.wordpress.com/2012/04/16asgrosterjun20.pdf>

3. **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 another Saturday practice on June 25 at 10:30 a.m. That will be it for Saturday practices I think, since I'll be away for the following two Saturdays.

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 this **Friday, June 24** by 12:00 noon.

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

This was supposed to be a closed meet for Athletics Alberta members only, but AA has agreed to open the meet to ASG team members and alternates. You won't be eligible for Provincial Championship medals if you're not an AA member, but you will be able to compete. To register go here

<https://www.trackie.com/online-registration/register/sherwood-park-track-classic/5488/>

Here is the memo from AA about the opportunity:

Hi Everyone,

I wanted to let everyone know that because of the special nature of the ASG. We are opening up a registration section at the Sherwood Park Track Classic (Youth and Midget Provincials).

The ASG team members, and alternates for the teams can register for the meet as a Day Member and pay the Day Member Fee onsite.

The meet will be using Trackie to register, and the "club" the ASG team members will be using as a club code is 'ABSG'.

If you have any questions please let me know.

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5. **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)

6. **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

Bill Corcoran
NW Zone 8 ASG Head Coach