

Zone 8 ASG Track Mega Epic Update – July 17, 2014

Dylan, Hayden, Jamie, and I attended the Coaches' Meeting last night and the Secrets of the Universe were revealed to us. 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 (a long sleeve t-shirt and some weird buff thingee which no one knows what to do with???) . We will distribute it:
 - 1) At practice in GP at the track on Monday, July 21 and Wednesday, July 23 at 4:15
 - 2) Contact Bill 780-538-2369 and arrange to pick it up at his house after Monday, July 21.
 - 3) On Bus 805 at 6:45 a.m. at the Leisure Centre in GP on Thursday, July 24 when we depart for the Games
 - 4) At the Games check in, 3 p.m. Genesis Place Gym in Airdrie

If at all possible, please try to collect your gear before the Games. You'll need your t-shirt and buff thingee 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.)

- **TRANSPORTATION and CHECK IN** – For those of you taking the bus to/from Games, the bus information can be accessed is attached to this email. The Games should be sending you an e-mail with your bus info in the next little while as well.

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 Airdrie at Genesis Place for check in about 3 p.m. on Thursday. If you are not taking the bus, plan to meet the team at Genesis Place 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.

On Sunday, the busses 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. There's a very quick and informal closing ceremony at 2 p.m. right before the buses leave.

- **ATHLETE HANDBOOK** – Unlike past Games, these Games are "green," so they aren't printing and distributing Athlete Handbooks. The Handbook is online at <http://albertagames.com/default.aspx?p=albertasummerngamesparticipanthandbook> 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:

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- 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 Genesis Place on Friday and Saturday, late morning to early evening.
<https://wolvesac.files.wordpress.com/2014/07/14asgtrackschedule.pdf>

If you need a refresher about which events you've been entered in here, go here
<https://wolvesac.files.wordpress.com/2012/04/14asgrosterjuly15.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.

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.

Athletics Alberta will be providing you with a competition singlet to wear when you are competing. We'll distribute these on Thursday once you get to the Games. Make sure you wear this while you compete and if you're lucky enough to be on the podium for winning a medal.

- **ACCOMODATION, FOOD, and INTERNAL TRANSPORTATION** – The guys will be staying at **Edwards School** - about 4 kms from the Track and Food venue - and the girls are staying at **Muriel Clayton School** - about 5 kms from the Track and 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.

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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 showers at the Girls accommodation but there are not showers at the Boys accommodation. The Boys should plan to shower at Genesis Place (where the track and food is) after their competitions on Friday and Saturday. (Jamie Wigmore doesn't tolerate stinky boys, so plan accordingly, gentlemen.)

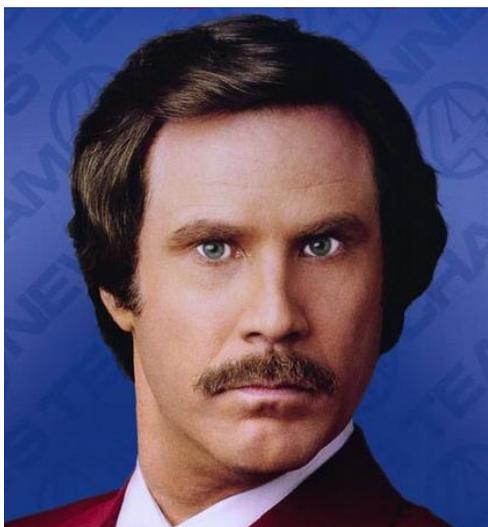
The organizers provide all meals (Thursday supper to Sunday lunch) at the Food Centre at Genesis Place. It's important that you pay attention to when you are competing so that you can eat at the appropriate times – runners in particular. (Runners should be avoiding heavy meals for at least 3 or 4 hours 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 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 his landline 780-538-2369. During the Games, Bill will attempt to keep his cell charged, so you can call (or text if you absolutely have to) Bill at 780-814-3090 ... but don't get too used to this ... unless your name is Danae Keddie or Mirelle Martens, you do not have permission to text Bill outside the July 24 to 27 window. Consider yourself privileged for having been granted this limited opportunity ;-)

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- **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 will conduct a short clinic for team members on Friday morning before the competition starts. Also see <https://www.facebook.com/groups/147972705217689/>