

SPLIT CITY SONICS

TRACK AND FIELD CLUB LLOYDMINSTER AB/SK.

The Split City Sonics Track and Field Club is a non-profit volunteer athletic organization that seeks to provide for the interests, encouragement and development of young athletes who enjoy the sport of track and field in Lloydminster. Registered with Athletics Alberta, the club operates by a parent executive along with the assistance of many parent volunteers. Funding comes from registration fees, donations and some fundraising.

COACHING AND FACILITY

Our coaches are dedicated individuals who give many hours of their time in assisting the development of our athletes. All coaches have extensive experience in the events and are NCCP certified. Parents are also asked to help occasionally with supervision and assistance to our coaches at training sessions. We have been fortunate to have the use of Lakeland College for our indoor training. The Civic Center is used for training as well. Our outdoor training is at the Lloydminster Community track and field facility and Bud Miller Park.

AGE GROUPS

Split City Sonics is for athletes aged 10 and up. Occasionally we accept nine year olds.

Peewee	9,10 & 11 year olds
Bantam	12 & 13 year olds
Midget	14 & 15 year olds
Juvenile	16 & 17 year olds
Junior	18 & 19 year olds
Senior	20 & older

TRAINING AND COMPETITION

We are, for the most part, an indoor club following the indoor track and field season which runs from October to March. Our outdoor season runs from April to August. We take part in approximately 6-7 indoor meets starting in November and ending with the Alberta Indoor Provincials the first weekend in March. All indoor meets are in Edmonton or Saskatoon. Competitions are not compulsory but strongly encouraged. The choice is up to the athlete and the athlete's family. Coaches encourage the athletes to do their personal best with an emphasis on improvement of skill and technique.

Before each meet information about the meet and entry forms are handed out to each athlete. The entry forms must be returned before the deadline so the club can submit the entries before the meet entry deadline. All expenses (entry fees, travel and accommodation) in going to a meet are the responsibility of the athlete.

Peewees and Bantams compete in combined events. They receive points for each event with the athlete with the highest point total wins. At some meets individual events are offered. Peewees do triathlons, which consist of a run, a jump and a throw. There are three triathlons. The Speed triathlon consists of the 60m, shotput and long jump. The Stamina triathlon consists of the long jump, shotput and the 800m. The Strength triathlon consists of the shotput, high jump and the 60m hurdles.

Bantams compete in Tetrathlons (4 events). The Speed tetrathlon consists of the 60m, long jump, shotput and the 200m. The Stamina tetrathlon consists of 60m, long jump, shotput and either the 800m(female) or the 1000m (male). The Jumps tetrathlon consists of the 60m hurdles, long jump, shotput and the high jump. Not all triathlons and tetrathlons are offered at each meet.

Our outdoor program starts in March/April of each year and runs until June/July with some athletes training and competing into August. Our club has a rich tradition of winning medals at the provincial, national and international levels. Some of our athletes have become high school provincial, club provincial and national champions. Many of our athletes have been members of provincial teams at Canada Games, Western Canada Games and Legion Nationals.

ATTITUDE AND FUNDRAISING

Athletes should be respectful and cooperative towards fellow athletes and the coaches. All unacceptable behavior will be reported to the Directors who in turn may suspend an athlete. No monies will be refunded to an athlete if suspended.

Fundraising is kept to a minimum. Past fundraisers have been Moose Lodge bingos, runathons, security at the oil show and popcorn sales.

For more information please call Chairman Kerry Oestreicher at 875-1149 or Head Coach Karl Meissner 875-3511

