



2007 Team Alberta

Strathcona Athletic Park • Sherwood Park

Dear Team Alberta Athletes and Coaches,

Congratulations on your upcoming participation in the Alberta vs. British Columbia WCSG Dual Meet & the 2007 Western Canada Summer Games. Enclosed please find information on:

1. Athletes selected to the Team Alberta to compete in the Alberta vs. British Columbia WCSG Dual Meet and 2007 Western Canada Summer Games;
2. Events that the athletes have been entered in;
3. Team Alberta Staff - Manager and Coaches;
4. Technical Information; (enclosure)

- PLEASE READ -

Please read through the enclosed information and contact Athletics Alberta if you have any questions.

Athletics Alberta Team fees

The Team fee for this Championship is \$150.00 and all selected athletes MUST pay Team Alberta Fees.

Clubs can be invoiced for the athletes from their clubs that are selected to Team Alberta. Unattached athletes are required to make payment prior to competitions.

1. All fees are payable to Athletics Alberta.
2. Team Alberta fees include:
 - Ground transportation.
 - Entry fees.
 - Team Alberta Uniform - one per year. The new Team Alberta uniform is to be worn by those athletes selected to the Team Alberta. Uniforms will be available from the Team Alberta Manager.
 - Circulation of the competition and team details.
 - Administration and coordination of this Team Alberta project.

Accommodations and Meals

Athletics Alberta has blocked booked accommodation space at King's University College with individual beds.

For more information, please contact:

King's University College

9125 – 50 Street NW, Edmonton, Alberta

Ph: (780) 465-3500

Ph: 1 (800) 661-8582

All TEAM fees must be paid prior to July 20th. Any changes to the details and costs as outlined above will be made known to all athletes and coaches immediately.

Ground Transportation

Athletics Alberta will arrange for shuttle transportation from the College to the track (Strathcona Athletic Park).

Team Meeting

The Team Alberta Staff have arranged a room for a team meeting on Friday, July 20 at 6:30pm at Strathcona Athletic Park.

It is extremely important that you attend this meeting. This meeting will deal with any changes to the schedule, athlete entry declaration (required for each athlete for each event), entrants in your event, new team Uniforms, introduction of the athletes and coaches from Alberta and to answer any questions you may have.

Uniforms

The new Team Alberta uniform is to be worn by those athletes selected to the Team Alberta. Uniforms will be available from the Team Alberta managers.

Anti-Doping Information

The document on Drug Classifications, which includes banned/restricted and permitted substances and methods will be distributed to the Team members. Please be familiar with this information.

If you are taking any medication you are unsure of, please refer to the CCES website for more information. The link is: http://www.wada-ama.org/docs/web/standards_harmonization/code/list_standard_2004.pdf

Individual and Team Discipline & Behavior

It is expected that in accepting selection to the Team Alberta or traveling with the team that athletes and staff will conduct themselves in a positive and supportive manner, following all the rules of the Host Organizing Committee, Athletics Alberta and the Team Alberta Staff.

The 2007 Western Canada Summer Games Code of Conduct are included at end of this information package.

You are responsible for familiarizing yourself with the contents of these documents.

Failure to return the signed form may result in your removal from the Team Alberta. Contravention of any of these or other rules set down by the Team Alberta Staff or competition organizers may result in disciplinary action on the part of the Team Staff and a hearing and subsequent action by Athletics Alberta. Thank you for your understanding and adherence to these rules.

A quiet time in the residence is effective from 10:00pm till 8am. Please respect the needs of our athletes for the proper rest and quiet time and those guests at King's University College.

Disciplinary actions by Team Staff

It may be necessary for the team staff to take disciplinary actions while at the Championships (in addition to any that may result from a Athletics Alberta Discipline Committee review) for violation of the Codes of Conduct and rules of individual behavior.

Discussion on these topics is necessary because:

1. You have been selected by Athletics Alberta and invited to compete on behalf of the Province of Alberta with one of the purposes being to compete at your highest possible level.
2. You may be roomed with someone who has a competition schedule different from you.
3. There are issues of safety, liability, your well being and a duty of care that Team Alberta takes on and provides while you are part of a Team Alberta.
4. Your need to respect your teammates, coaches, other athletes and guests in the same accommodation and their needs for rest and preparation for their events.

Technical Information Meeting

The above meeting will take place for the purpose of reviewing technical changes, schedule changes, and general meet information. The meeting will take place on Friday, July 20th at 8:00pm at Strathcona Athletic Park's Technical Information Centre.

The Facility

Location:	Strathcona Athletic Park in Sherwood Park, Alberta 1100 Cloverbar Road, Sherwood Park, Alberta T8A 4Z7
Facility Specs:	Track: 8 lane (Chevron synthetic all-weather surface) Runways: Long and Triple Jump (Chevron synthetic all-weather surface)
Fans:	Pole Vault, High Jump & Javelin (Chevron synthetic all-weather surface)
Throwing Circles:	Shot, Discus & Hammer (concrete)
Photo Timing System:	Finish Lynx

Marshalling

At-Event Marshalling will be in effect for this event. As there will not be a call room, all athletes will be required to check-in at the start line 30 minutes prior to their event.

Scratches and Changes will be addressed in the Technical Information Centre (TIC) on Friday evening at 8:00pm and Saturday afternoon (to be announced at Friday's Technical Meeting).

General Warm Up

Warm up will take place in the grass soccer field behind the stadium bleachers (adjacent to the stadium).

Equipment

The Host Organising Committee's starting blocks will be the only ones used. Throwing implements will be provided. Personal implements must be registered and will then become part of the competition pool.

Weigh-in will take place under the grand stand at Strathcona Athletic Park's implement check-in two hours prior to the start of the event.

NOTE: Pole Vaulters must provide their own personal poles. Equipment storage will be available for pole vault poles and javelins at Strathcona Athletic Park.

Medical Support

Visiting Athletes please ensure that all athletes travel with their provincial medical plan number and/or insurance information.

On-site Training/Emergency Equipment

All athletes must travel with their own training supplies (i.e. Tape, prowrap, etc) or the athlete will be charged to purchase the supplies. Emergency supplies and trained personnel will be on site.

On-Site Event Coverage

There will be Physical Therapists and/or Certified Athletic Therapists on site.

On-Site - Athlete and Coach Registration

Athletes and/ or coaches must pick up their registration packages in person. Registration will take place at:

at the Stadium:	Fri, July 20 from 6:00pm to 9:00pm Sat, July 21 from 8:00am to 2:00pm Sun, July 10 from 8:00am to 10:00am	at the Technical Information Centre at Strathcona Athletic Park
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Athlete Final Declaration

The Dual Meet and Western Canada Summer Games will be run as 'declared' competitions. Any other scratches please communicate to Team Alberta Staff immediately.

Athletes must compete in entered events unless they declare a scratch at the technical meetings, or due to medical circumstances. Failure to start an event will result in disqualification from further competition.

From the Office

I'd like to offer my congratulations to all first-time team members on being selected to the 2007 Alberta Western Canada Summer Games Team. For those who've been selected in previous years, it's great to have you back and ready for another great competition.

If you have any questions, please feel free to contact any members of the Team Alberta staff or the Athletics Alberta office at your earliest convenience.

Good luck!

Sincerely,



Peter Ogilvie
Executive Director
Athletics Alberta
Email: peterogilvie@athleticsalberta.com

Ph: 780-427-8792
Fax: 780-427-8899



Athlete:	Event(s):	Club:	Hometown:
Charles Bazerd	100, 200, 4x100	Legacy	Sherwood Park
Lindsey Bergevin	PV, HJ, TJ	Leduc Track	Leduc
Katherine Boone	HJ, LJ	CALTAF	Calgary
Melissa Breland	100H, 4X100	Split City Sonics	Vermillion
Sarah Calnan	HT, JT	Chinook	Lethbridge
Sheri Campbell	HJ, TJ	Leduc Track	Edmonton
Matthew Cardoza	LJ, 4X100	Capital City	Edmonton
Rigel Carias	SP, DT	Wapiti Striders	Grimshaw
Andrew Ching	LJ, HJ	CALTAF	Calgary
Peter Corrigan	1500	Calgary Spartans	Calgary
Marcus Cunningham	DEC, 110H	UAAC	Calgary
Owen deLange	3000SC, 3000	Calgary Spartans	Calgary
MacKenzie Dunn	SP, DT	Red Deer Titans	Red Deer
Elizar Ebrado	100, 200, 4X100	Rocky Mountain Royals	Edmonton
Sam Effah	100, 200, 4X100	UCAC	Calgary
Henry Ferreira	DEC, JT	NEAT	St Paul
Perri Ford	400H, 4X400	Calgary International	Calgary
Scott Ford	3000	Edmonton Thunder	Edmonton
Quinton Gamble	LJ, 4X100	Edmonton Sprint Acad.	Edmonton
Michelle Gerwing	PV	Edmonton International	Edmonton
Kristine Grimson	Special Olympics – 100, 200	Special Olympics	Edmonton
Samantha Hershick-Fraser	Wheelchair – 200, 800, 1500	Calgary Flash	Calgary
David Holm	800, 4X400	Calgary Warriors	Calgary
Raeleen Hunter	400H, 800, 4X400	Leduc Track	Beaumont
Atinuke Johnson	DT, SP, HT	CALTAF	Calgary
Nigel Joseph	110H, 400H, TJ, 4X400	Calgary International	Calgary
Loudia Laarman	100, 4X100	Lethbridge Track	Lethbridge
Sean Lacroix	SP, DT	Unattached	Edmonton
Breanna Langley	800, 1500, 3000SC	CALTAF	Calgary
Kelsey Lotwin	400, 4X400	UCAC	Calgary
Sarah Louden	400, 4X400	Calgary International	Calgary
Darren McDonald	DT, SP, HT	UAAC	Stony Plain
Riley McQueen	1500, 3000	CALTAF	Calgary
Blair Milne	PV	Edmonton International	Edmonton
Jevin Monds	1500	St Albert Track	Whitcourt
Ammon Nelson	100, 200, 4X100	UCAC	Calgary
Kurtis Nishiyama	HJ, 400H	Leduc Track	Edmonton
Jessica O'Connell	800, 1500	UCAC	Calgary
Brad Orchard	5000	UCAC	Calgary
Teneshia Peart	100, 200, 4X100, 4X400	Calgary International	Calgary
Stephanie Pon	TJ, LJ	UCAC	Calgary
Trent Ratzlaff	400, 400H, 4X400	CALTAF	Calgary
Julian Reddy	100, 200, 4X100	Capital City	Edmonton
Kelsey Reed	JT	Unattached	Sherwood Park
Ryan Russell	800	Calgary International	Calgary
Michael Saizew	400, 800, 4X400	CALTAF	Calgary

Katie Samoil	RW	CALTAF	Edmonton
Vicki Shiu	Wheelchair – 200, 800, 1500	Calgary Flash	Calgary
Tyler Sifton	Wheelchair – 200, 800, 1500	Calgary Flash	Calgary
Kayti Simonson	100H, 400H, 400, 4X400	Calgary Warriors	Calgary
Matt Sinclair	1500, 3000	CALTAF	Calgary
Courtney Smith	200, 4X100	Edmonton International	Edmonton
Heather Steacy	HT	Chinook	Lethbridge
Sean Steacy	HT, SP	Chinook	Lethbridge
Hafeez Sumani	400, 4X400	Calgary International	Calgary
Nadia Tatlow	3000, 5000	CALTAF	Calgary
Deryk Theodore	PV, TJ	Edmonton International	Edmonton
Madison Theriault	3000SC, 5000	CALTAF	Calgary
Kim Tse	LJ, TJ, 100H	CALTAF	Calgary
Isaac Tyler	HJ, TJ	Edmonton Sprint Acad.	Edmonton
Jamie Wiekum	3000SC, 5000	Edmonton Thunder	Edmonton
Ryan Wolowidnyk	110H, 4X100	Edmonton Sprint Acad.	Edmonton

Coaches/ Manager:	Event:
Karl Meissner	Head Coach
Jonathon Wong	Manager
Christina Sirmon	Throws/Manager
Elisha Gordey	Throws/Combined Events
Christine Laverty	Distance
Ron Thompson	Sprints/Jumps
Rob Fisher	Sprints/Hurdles
Steve Ellefson	Wheelchair



Athletes Code of Conduct

In registering as an Athlete member (all types) of Athletics Alberta and within the context of the activities of Athletics an individual agrees to take part in a spirit of fair play, honesty and with the rules and regulations of Athletics Alberta, Athletics Canada and the IAAF.

As such the Athlete member is expected to:

1. Compete/participate in a spirit of fair play and honesty.
2. Compete/participate within the rules of athletics.
3. Avoid the use, advocating, condoning, promotion and distribution of banned substances, cases and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport.
4. Refrain from using tobacco products within the competition arena and/or competition area.
5. Refrain from using alcohol at athletic events (athletics and other sport activities) or in victory celebrations at the competition site.
6. Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Athletics.
7. Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
8. Avoid providing alcohol to under age individual.
9. Act in a manner that will bring credit to the athletics community and yourself, both within and outside the competition arena and/or competition area.
10. Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the Athletics Alberta Anti-Harassment Policy)
11. Ensure the safety of others when taking part in your athletics activity.

Individuals registering as Athlete members of Athletics Alberta are advised that by doing so they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of Athletics Alberta, Athletics Canada and the IAAF.

Team Alberta Members

In addition to those listed above, athletes selected to Team Alberta are as a result of accepting selection and in the context of the Athletes Code of Conduct, expected to:

1. Conduct oneself in a positive and supportive manner.
2. Follow the rules of the Organizing Committee of the competition/activity.
3. Meet at the Team assembly points on time and attend all team meetings.
4. Abide by the laws of the city, province and those of Canada or the country in which the competition is taking place.
5. Join the Team, fit, ready, able and willing to compete in the events selected to unless (in the case of events) otherwise agreed to by the Head Coach in consultation with the Event Coach and the athlete concerned.
6. Compete in the Team Alberta uniform provided.
7. Travel in the Team Alberta Travel Uniform if such is provided, or otherwise shall be comfortably and respectably attired for traveling.
8. That during a Team Alberta event, respect quiet hours between 10:00 and 8:00 hrs.

9. Avoid the misuse of alcohol.
10. Avoid the use of alcohol if under age.
11. Avoid the use of illegal drugs.
12. To be responsible for all their personal items such as identification, passports (if required) and equipment.

Coaches Code of Conduct

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of the athletes they coach. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it.

Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channelled. Thus how an athlete regards his/her sport is often dependent on the behaviour of the coach. The following Code of Conduct, established by the Coaching Association of Canada and adopted by Team Alberta, has been developed to aid coaches in achieving a level of behaviour which will allow them to assist their athletes in becoming well-rounded, self confident and productive human beings.

Coaches has a responsibility to:

1. Treat everyone fairly within the context of Athletics, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
2. Direct comments or criticism at the performance rather than the athlete.
3. Consistently display high personal standards and project a favourable image of athletics and of Coaching:
 - a. Refrain from public criticism of fellow coaches, especially when speaking to the media or recruiting athletes.
 - b. Abstain from the use of tobacco products while in the presence of athletes and discourage their use.
 - c. Abstain from drinking alcoholic beverages when working with athletes.
 - d. Discourage the use of alcohol at athletic events (athletics and other sport activities) or in victory celebrations at the competition site.
 - e. Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of your coaching duties.
4. Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.
5. Communicate and cooperate with registered medical practitioners in the diagnosis, treatment and management of their athletes' medical and psychological problems. Consider the athletes' future health and well being as foremost when making decisions regarding an injured athletes' ability to continue playing or training.
6. Recognize and accept when to refer athletes to other coaches and sport specialists. Allow athletes' goals to take precedence over those of the coach.
7. Regularly seek ways of increasing professional development and self-awareness.
8. Treat fellow coaches, athletes you do not coach and officials with due respect, both in victory and defeat and encourage athletes to act accordingly. Actively encourage athletes to uphold the rules of Athletics and the spirit of such rules.
9. In the case of minors, communicate and cooperate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.
10. Be aware of the academic pressures placed on student-athletes and conduct practices and participation in competitions in a manner so as to allow academic success.

Coaches Must

1. Ensure the safety of the athletes with whom they work.
2. At no time become intimately and/or sexually involved with the athletes they coach as per the Laws of Canada as stated below. This includes requests for sexual favours or threats of reprisal for the rejection or such requests. Coaches should refer to Canada's Law on Child Sexual Abuse: A Handbook, published by the Department of Justice in 1990. The following is an extract from this handbook dealing with the issue of CONSENT.
 - Sexual activity without consent is always a crime regardless of the age of the individuals.
 - Children under 12 are never considered able to consent to sexual activity.
 - Children 12 or more, but under-14, are deemed unable to consent to sexual acts except under specific circumstances involving sexual activity with their peers.
 - Young persons 14 or more but under-18 are protected from sexual exploitation and their consent is not valid if the person touching them for a sexual purpose is in a position of trust or authority over them or if they are in a relationship of dependency with that person.
3. Respect the athletes' dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable. (Please refer to the Athletics Alberta Anti-Harassment Policy)
4. Never advocate or condone the use of drugs or other banned performance enhancing substances, classes or methods.
5. Never provide under age athletes with alcohol.

Individuals registering as coach members of Athletics Alberta are advised that by joining Athletics Alberta they are agreeing to adhere to this and other policies, rules, regulations, by-laws and constitution of Athletics Alberta, Athletics Canada and the IAAF.

Team Alberta Staff – Coaches & Managers

In addition to those listed above, coaches and managers selected to Team Alberta are as a result of accepting selection and in the context of the Coaches Code of Conduct, expected to:

1. Conduct oneself in a positive and supportive manner.
2. Follow the rules of the Host Organizing Committee of the competition/activity.
3. Meet at the Team assembly points on time and attend all team meetings.
4. Abide by the laws of the city, province and those of Canada or the country in which the competition is taking place.
5. Join the Team, ready, able and willing to take on the responsibilities and duties relative to the position selected to.
6. Wear, if provided, the Team Alberta Staff uniform/clothing whenever carrying out the duties of a team staff position.
7. That during a Team Alberta event, respect quiet hours between 10:00pm and 8:00am.
8. Avoid the misuse of alcohol.
9. Avoid the use of alcohol if under age.
10. Avoid the use of illegal drugs.
11. To be responsible for all their personal items such as identification, passports (if required) and equipment.
12. Work, when necessary, through the Head Coach of the Team Alberta or keep the Head Coach and if appropriate all the Team Staff informed on any matters that do not allow you to carry out your responsibilities.
13. Work cooperatively with all members of the Team Alberta (athletes and staff) and the personal coaches of the athletes.
14. Follow up with the reports on the Team Alberta, your responsibilities and the competition/results to Athletics Alberta.