

THE ROYAL CANADIAN LEGION 2009 TRACK AND FIELD CAMP

TO: **Branch Secretaries
Command Officers
District and Deputy District Commanders
Branch Ladies' Auxiliaries
L.A. Officers and District Commanders**



Every year The Royal Canadian Legion conducts a Track and Field Camp at the **University of Calgary**. This is a co-ed camp with up to 120 females and 120 males being accepted for attendance. The dates this year are **July 12th - 17th 2009**. We trust your Branch will make every effort to have young people from your area apply. The program is open to any male or female **born between 1992 and 1995** inclusive and still attending school. This Legion Program has been sanctioned by Athletics Alberta. The Head Coach again this year is Doug Lamont who will have a group of qualified coaches to provide instruction. An interesting and challenging timetable is being planned for those attending.

A WEEK TO REMEMBER

Enclosed you will find:

- **Poster, Application Form, Athletic Profile, Rules and Regulation, Declaration and Attachment Form.**

These are important documents and it is imperative that all details be completed. Also, please **promote** our Camp by passing this information on to schools or any other interested organizations.

- **The Camp Entry Fee is Three Hundred and Fifty (\$350.00) Dollars,** which includes a non-refundable administration fee of \$25.00.
- **The Key Deposit (By Separate Cheque) is Seventy Five (\$75.00) Dollars.** This cheque **will be returned** to the athlete at the close of camp upon return of the key.
- **(All cheques payable to Alberta-NWT Command)**
- A team of males and females will be selected from the participants to attend the National Midget and Juvenile Track and Field Meet and Clinic at **Sherbrooke, Quebec in August 5th - 11th, 2009**. Expenses involved in attending this event will be paid by this Command and Dominion Command.
- **Any parent or organization may sponsor a student to the clinic.** It is suggested that a portion of the camp entry fee be paid by the athlete and his/her parents so as to give them some responsibility in the sponsorship.

THE DEADLINE FOR RECEIVING APPLICATIONS IS JUNE 19th, 2009



**APPLICATION FORM
THE ROYAL CANADIAN LEGION
PROVINCIAL TRACK AND FIELD CAMP
The University of Calgary (Alberta)
July 12th – 17th, 2009 - Co-ed
Born between 1992 and 1995
and Still Attending School**

NAME IN FULL (Print) _____ GENDER _____
(Surname) (First Name)

ADDRESS _____ HOME PHONE _____
(Street or Box No.)

_____ POSTAL CODE _____
(Town)

EMAIL _____ CELL _____

SCHOOL AND GRADE (as of June 1, 2009) _____

DATE OF BIRTH ____/____/____ HEIGHT ____ft. ____in. WEIGHT _____lbs.

THE CAMP ENTRY FEE is \$350.00 which includes a non-refundable ADMINISTRATION FEE of \$25.00. and by separate cheque a \$75.00 REFUNDABLE KEY DEPOSIT. (Both cheques payable to AB-NWT Command).

Please return:

(1) Application (2) Athletic Profile, Rules and Regulations, Declaration and Attachment form with a cheque in the amount of \$350.00 to Alberta-NWT Command and a refundable Key Deposit of \$75.00 for acceptance into the camp.

PAID BY SELF \$ _____ and/or ORGANIZATION _____ AMOUNT \$ _____

TRACK AND FIELD EXPERIENCE

DO YOU BELONG TO A TRACK AND FIELD CLUB? _____ AA REGISTRATION NO. _____.

NAME OF CLUB _____ NAME OF COACH _____

DO YOU PARTICIPATE IN A SCHOOL TRACK AND FIELD PROGRAM? _____

HAVE YOU ATTENDED OUR CAMP BEFORE? _____ WHAT YEAR(S)? _____

IF SELECTED, ARE YOU ABLE TO ATTEND THE LEGION NATIONAL TRACK AND FIELD CHAMPIONSHIPS AND CLINICS AT Sherbrooke, Quebec - August 5th - August 11th 2009? - Yes or No (over)

TRAVEL ARRANGEMENTS TO CAMP

If you are arriving by bus and would like to be picked up at the **Airport/Bus Depot**, you **must** let us know **one week prior** to Camp opening (403-284-1161).

DATE OF APPLICATION _____

SIGNATURE OF APPLICANT _____

SIGNATURE OF PARENT OR GUARDIAN _____

PARENTS OR GUARDIANS: If not at home during the Camp, indicate where you can be contacted or indicate another contact _____

APPLICANTS REJECTED OR DISMISSED FROM THE LEGION CAMP FOR ANY REASON, COULD BE CAUSE FOR REJECTION FROM ANY OTHER ATHLETIC CAMP (NOT ONLY LEGION SPONSORED) IN THE FUTURE.

RETURN APPLICATION PRIOR TO JUNE 19th, 2009 TO:

**Alberta-N.W.T. Command
The Royal Canadian Legion
2020 - 15th Street N.W.
Calgary, Alberta T2M 3N8
Phone: (403) 284-1161
FAX: (403) 284-9899**

NOTE:

1. **ALL FORMS MUST BE SIGNED** BY THE APPLICANT AND PARENT OR GUARDIAN IN THE APPROPRIATE SPACES. PLEASE CHECK THE FORMS TO ENSURE THIS HAS BEEN DONE.
2. **CANCELLATION POLICY:** A DOCTOR'S CERTIFICATE REFERRING TO INJURY, ETC. OR RELEVANT INFORMATION. **ABSOLUTELY NO REFUNDS AFTER 26 JUNE 2009.**
3. QUESTIONS: Email: m.brooks@abnwtlegion.com
4. PLEASE CIRCLE SIZE OF: **T-SHIRT** S - M - L - XL - XXL
TRACK SUIT S - M - L - XL - XXL **(For Nationals Only)**



LEGION PROVINCIAL/NATIONAL TRACK & FIELD CHAMPIONSHIPS

PART 1: ATHLETE PROFILE

Name _____ Male Female

Address _____ Date of Birth _____
 (City/Province/Postal Code) (day/month/year)

Phone Number () _____ E-Mail Address: _____

Health Card Number/Expiry Date _____

Allergies and/or Special Diet, disability, etc: attach a list as required (attachment: Yes No)

Clearly indicate all medication that the applicant must use during the event period. These must be clearly marked and the on-site medical person informed upon arrival. (Name of medication, condition for which it is prescribed, and dosage): attach a list as required (attachment: Yes No)

If you are a vegetarian or vegan, attach a list of foods you will not consume (attachment: Yes No)

Contact in case of emergency: Name _____

Relationship _____ Phone () _____

PART 2: ATHLETE RULES & REGULATIONS

1. All athletes must attend the Championships for the duration of the event. Early departure is not permitted. Athletes must adhere to this rule upon signing this form or forfeit their position on their Provincial Command team.
2. Room keys are to be kept with you at all times. The replacement fee for a lost key will be \$75.00 (Provincials) and \$45.00 (Nationals). Replacement keys will not be provided until payment has been received.
3. All athletes are required to use the buddy system and are to never be left alone with a chaperone or coach in a one-on-one situation.
4. When mixed company is in a room, doors must be left wide open.
5. You must lock the door to your room when you leave it or retire for the night.
6. Once registered into your room, you will be responsible for any damages caused. You are required to make your beds and keep your room tidy.
7. Washrooms, baths and showers are shared, so please leave these areas clean.
8. The quarters will provide bed linen. No other amenities are provided. It is strongly suggested that participants bring shampoo, soap and towel(s) for their use.



9. Help keep the residence and grounds clean. Do not throw refuse around the grounds. Use the proper receptacles for trash.
10. (Provincials) Parents are not allowed in the Dorm Rooms and Athletes are not allowed off-campus. (Nationals) You must not leave campus without prior authorization from your chaperone and are required to report in on your return. No off-campus visits will be permitted on Saturday and Sunday.
11. Report any damages to your chaperones immediately. You are responsible for any damages to your room and loss of bedding, and will be assessed for them.
12. You are not allowed to use or have in their possession any alcoholic beverages or illegal drugs. Any infraction of this rule, or misbehaviour, will result in immediate contact with your parents, return home and/or possible suspension up to two years by your Provincial Athletic Association.
13. All athletes must be on their respective floors by 2200 hours (Provincials) 2245 hours (Nationals) and adhere to curfew, which is 2230 hours (Provincials) and 2300 hours (Nationals) every evening except the last day (00:30)(Nationals). Curfew means lights out, sound systems off, doors closed. There are no exceptions.
14. All athletes must attend the training camp clinics, regardless of whether they have a minor injury or illness or are tired. Athletes are not permitted to be in the residence during clinic sessions.
15. Unauthorized persons are not permitted in the residences, except in the lobby.
16. You are not permitted to have or bring "wheels" on the campus, nor can they be rented, i.e. cars, skateboards, roller blades, bicycles, etc.
17. Cellular phones, Ipods and MP3 players are to be turned off during clinic sessions and at curfew. If you persist in using these devices you will be given a warning, followed by confiscation.
18. You are encouraged to bring a dressy outfit for the Closing Banquet. (Nationals)
19. Nationals - Policy on airline ticket changes: Once a participant's itinerary is finalized and the airline ticket has been issued, no further changes will be made, except in special circumstances. Any associated charges will be the responsibility of the individual.
20. You must bring your Provincial Health Card to the Legion Nationals and keep it in your possession at all times. If you possess a provincial health card which indicates an expiry date, you must ensure that the card is current and will not expire during the time frame of this event.
21. For air travel, in accordance with government regulations, airlines now require government issued photo IDs at the departure gate for all passengers who appear to be over 12 years of age. The name on the ID must match the name used on the reservation or ticket.



PART 3: DECLARATIONS

I certify that I have read the above rules and regulations (part 2); I understand them and will abide by them for the duration of the Championships.

I, the undersigned, grant to The Royal Canadian Legion permission to use images of me photographed at the Provincial/National Track & Field Championships for purposes of display, ceremonies, publication and digital representation and other purposes in relation to the promotion of The Royal Canadian Legion and/or the Legion National Track and Field Championships. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event.

I, for myself, my heirs, executors and administrators and successors hereby release and forever discharge The Royal Canadian Legion, its agents, servants, representatives, successors and assignee and other bodies, corporate firms associations or persons connected with the competitors of any and from any and all rights, claims, demands and actions whatsoever that I may have for any and all loss, damage to my equipment or injury sustained by me during the said competition.

I attest and verify that I am physically fit. I further provide my consent for the provision of emergency medical treatment, if necessary.

A variety of therapeutic services may be provided for the athletes attending a Legion Provincial and/or National Track and Field Competition. The therapists may be student therapists that are completing clinical hours as part of their educational program. The athletes may wish to receive treatment before their events to limber up their muscles or following their event to cool down and prevent lactic acid build up in their limbs. The student therapists will be supervised by registered therapists at all times and the treatment will be performed through clothing or directly on skin on areas already exposed (i.e. legs, arms, etc). All athletes under the age of 18 must have a parent or legal guardian indicate their consent before any of the therapeutic services are performed. Consent Yes No

I certify that I have read the above declarations; I understand them and acknowledge the requirement.

Name of Athlete (please print)

Signature of Athlete

Name of Parent/Guardian (please print)

Signature of Parent/Guardian

PART 4: ATTACHMENTS (as required)

- 1. Allergies and/or Special Diet, disability, etc. (attachment: Yes No) – **MUST BE ATTACHED**
- 2. Medication that the applicant must use during the event period. (attachment: Yes No) – **MUST BE ATTACHED**
- 3. A list of foods you are unable to consume. ((attachment: Yes No) - **MUST BE ATTACHED**