



REGISTRATION FOR ALL MEMBERS

**September 11, 2011
3:00 p.m.**

Churchill Park Lawn bowling Club house, Cline St. North

If you are unable to attend registration night, please ensure that all items are handed to, (Peter Summers, 905-577-6249) or prior to your athletes' first practice.

BECAUSE OF INSURANCE REGULATIONS, ATHLETES WILL NOT BE ALLOWED TO ATTEND PRACTICES UNTIL ALL CHEQUES AND INFORMATION HAVE BEEN RECEIVED. THIS INCLUDES OAT MEMBERSHIPS.

New Registrations are accepted at any point during the year.

**Please come to registration night with your forms completed in full
OR be sure to bring all necessary information:**

- Ontario Association of Triathletes number
- email address
- Health Card number
- emergency contact information
- doctor's contact information

**A complete registration package will consist of the following forms
and cheques:**

- Hamilton Hammerhead Membership Application form signed by parent/guardian.
- The Athlete Code of Conduct signed by the athlete.
- PIPEDA form signed by the parent/guardian.
- Parent Responsibility form signed by parent/guardian.
- Assumption of Risk Agreement form signed by the parent/guardian and athletes over aged fifteen.

- Hamilton Hammerhead Membership Fees: Ten (10) dated September 11, 2011 - post dated cheques for each month to June 1, 2012. See membership fee chart below for appropriate fee structure.

- Ont. Assn. Triathletes application and membership Fee: Cheque dated for September 11, 2011 if you are not already an OAT member.

Please have all required cheques, all made payable to **Hamilton Hammerheads A. C.** with the appropriate dates.

Please be sure to have your e-mail address(s) with you. The coaches and the board use e-mail wherever possible. If you have a change in address, phone number or any other pertinent information, please inform the board member or the Registrar as soon as possible so that our records may be updated.

- Training fees are payable as one cheque or in 9 monthly post-dated cheques *plus a half month for September*. Training fees are for the entire year. Training fees for part of the year are the monthly instalments up to the full annual rate and not the annual fee divided by 12 and refunds will be calculated as such (ie. based on the instalments).
- **30 days notice** must be given in writing to the team treasurer in order to withdraw from the club. For example if you wish to withdraw from the club on December 1, notice must be given to a board member **before** November 1. If proper notice is given, all cheques will be returned.
- You **cannot withdraw after June 1**. For example, a triathlete's June instalment is still due even if you will not be present during the summer.
- If your registration and/or training fees become **overdue** by more than a week, athletes will not be allowed to attend any further practices until payment arrears are settled.
- There will be a \$25.00 charge for any NSF cheques.
- There is no pay-per-practice option for the youth members.
- **For anyone joining after October 1st** the instalment schedule will be accelerated such that all fees are paid by June 1, 2012.

Membership Subsidy: The board recognizes that some members of the club may experience from time to time financial difficulty in meeting the club training fees. Therefore, the board has set aside a small fund to support these athletes. In order for a family to access these funds for the 2011/ 2012 year the following steps must be followed:

- a) A request for support must be submitted by the family to Kidsport for each athlete. Go to Kidsport website for applications and instructions (<http://www.kidsport.on.ca/granting.html#apply>).
- b) Upon approval of Kidsport funding, the club will match these funds to a maximum of \$250 per athlete.
- c) Upon receipt of the funds from Kidsport, the club Treasurer will divide the remaining fees owing for the year amongst the remaining months and notify the family of their new fee structure.
- d) Post-dated cheques for the new fee structure must be submitted to the Treasurer prior to the athlete participating in training.
- e) If funding support is not received by the club prior to October 1, 2011, the family is required to pay full fees until funding from Kidsport is received. The payment of these full-time training fees will be calculated into the new fee structure for the remaining months after funding is received.
- f) The club will also recognize other Sport supporting funds like Kidsport, ie. Canadian Tire. To qualify the Funding Assn. must recognize your financial need and funds provided are targeted for your child. If your company donates to the club, that is supporting the club, not your child.

Other Costs you may encounter during the year:

- swimming, triathlon or running race entry fees
- membership fees for Swim Ontario, Minor Track Association or Athletics Ontario in order to compete in their events (swim, cross-country or track meets); coaches will inform you of the costs and need for these memberships which may take up to two weeks to process
- entry fees to some parks, clubs or facilities at which a practice is scheduled (ie. McMaster indoor track)
- equipment and cycle use/maintenance fees (see club website for details)
- special all day training days
- equipment and clothing purchases as desired/necessary (check with coaches or other members for retail locations which typically offer discounts to Hammerheads)
- parking costs at certain practice facilities (ie. McMaster parking lot)

Fundraising:

Fundraising and volunteering your time are **necessary** activities and are the primary reason why our membership training fees are low and thus your assistance is required to keep the fees as low as possible.

Currently the following events are planned for this year. .

- *******Cycle wash at the Paris-Ancaster race (April) *******
- *******First ever Hammerhead Kids triathlon for the Summer of 2012***

- Any other ideas/activities must be approved by the Board/Fundraising Committee, but suggestions will be gratefully accepted.

Other Volunteering:

Throughout the year there are many opportunities to volunteer your time. Some of this volunteering leads to cash back to the club. Other volunteer time does not have financial benefits to the club but does give the club visible kudos. Some of these events that anyone can do, include time-keeping and marshalling at swim events and water stations, road block, etc assistance at road races and triathlons run by other clubs and organizations.

Personal donations and corporate sponsorships orchestrated by club members are always welcome; speak to a board member about these opportunities.

2011-2012 PRACTICE OVERVIEW

The coaching staff has created a training structure which includes both a competitive stream of training and a recreation stream of training to meet the needs of all the athletes. The coaches will discuss with each athlete their goals and training commitment in order to place them at the most appropriate practice.

The schedule has already been produced but is subject to change throughout the year as athlete numbers, weather and availability of sports facilities changes.

Age appropriate practices and racing. The coaches will make suggestions that they feel are in your best interest. The longest distance, no matter how fit you are, is not necessarily the best for your long term development. Please communicate with your coaches about all your sports activities (ie. School, hockey, basketball) and race intentions.

Fall 2011 SCHEDULE

Monday	Swim: Jimmy Thompson 4:30 – 6 PM
Tuesday	Run. McMaster Pool Entrance 6 – 7:30 PM
Wednesday	Swim: Pinky Lewis 5:15 – 6:45 PM
Thursday	Run. McMaster Pool Entrance 6 – 7:30 PM
Friday	Swim: Jimmy Thompson 4:30 – 6:00 PM
Saturday	Swim: Pinky Lewis 11:00AM – 12:30 PM f
Sunday	off

Storm and Weather Policy:

If schools are shut down, all practices will be cancelled for that day and will not be re-scheduled. Outdoor cycling practices will be cancelled due to rain or if the pavement remains wet and slippery and cannot always be re-scheduled. Run practices go in all weather except electrical storms at the site of the practice, at the discretion of the coach on-site.

Typically no practices are scheduled on Public Holidays, including the 2 weeks over Christmas.

MEMBERSHIP FEE CHART FOR 2011 / 2012

	Due Sept. 11th	Due First of every month (Oct to June)		
High school full Triathletes	\$83	\$166 per month	\$1577 for year	Season ending August 2012
All other full Triathletes	\$55	\$110 per month	\$1045 for year	Season ending August 2012
Reduced practice athletes (3 per week)	\$45	\$90 per month	\$855 for year	Season ending August 2012.
Cross-training initiative (one swim per week)	\$20	\$40 per month		

Family Membership Rate: 10% off the Club Training Fees for each additional family member less than or equal to the member with the highest fee rate.