



# École Charleswood School

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[www.pembinatrails.ca/charleswood](http://www.pembinatrails.ca/charleswood)

April 10<sup>th</sup>, 2025

Dear ECS families,

Your child has expressed an interest in representing École Charleswood School on the Outdoor Track Team! To prepare for the upcoming season \_\_\_\_\_

- Attended a 15-minute Athlete Meeting to review information for the season. The important parts are highlighted/underlined in the following page of this start up package.
- Did not attend the 15-minute Athlete Meeting. As a result, they will be unaware of the information on the following pages. Please read the information together at home.

**Return the last page of this package to Mr. Hamilton & complete the online form using Permission Click to be eligible to attend Outdoor Track Meets.**



**Shared Beliefs:** At ECS we believe all stakeholders support and encourage lifelong participation in physical activity. Coaches and parents play a pivotal role in providing athletes with an opportunity to connect to activity, and find inspiration within themselves and their teammates through consistent perseverance. Outdoor Track at ECS will help realize our goal of lifelong participation in physical activity for our students.



**Connect:** An **Athlete** who connects isn't concerned about the number of practices they need to be able to go to the meet. They know they have enough because they consistently attend. When an absence needs to happen (injury or appointment), athletes should talk to Mr. Hamilton (Gr. 6), Mr. Yong (Gr. 7) & Mr. Janzen (Gr. 8). It is not appropriate to get your friend to deliver an attendance message for you. If you can't find your coach, use Edsby to communicate. If you don't know what is going on...ask a teammate! Stay united with your teammates by watching & supporting them during competition. Those who connect, stay at the meet after their personal events have finished.



Ask



Consistent



Support at Meets



Coach in Loop

**Coaches** at ECS bring athletes together during the Outdoor Track season. A written record of athlete attendance is the key to all connection. Athletes with high attendance are recognized. At the same time, athletes with low attendance are accountable to adjust behaviour or miss outdoor meets. Athletes learn how to balance Outdoor Track with other personal interests and the need rest and recovery. Attendance records should be transparent so athletes can attend enough practices to be eligible for each meet. In some cases, it may be the right call to bend the two-thirds attendance policy for an athlete. Coaches have conversations with individual athletes to have a clear understanding of the barriers associated with multiple absences.



Attendance



Relays



Share Attendance

*Accomplish Anything*

**Parents** support practice attendance by arranging early morning rides. If another activity/commitment occurs on during after school practices, parents connect by encouraging leaving practice early instead of missing the whole thing. Parents support athletes by helping to organize a ride to outdoor meets. Carpooling allows athletes to stay at the track until 3:00 p.m. and be there for teammates competing at the end of the meet. Parents use their child as the first stop to answer questions about the team. Athletes are then given the space to try solving their problems independently. If that doesn't work, parents are there to help.



Carpool



Support  
Attendance



Ask Athlete First



**Inspire: Athletes** identify their best events throughout the season by trying, improving, and asking: What am I good at? What do I enjoy? What events could I qualify for? Athletes can become better at events that make them uncomfortable...but only if they believe in their ability to change. Do you believe you can learn to flop in high jump? Or are you “good enough” by jumping the way you’ve always done it? Athletes challenge themselves and their teammates to try an event that is not their best. Attempting a challenging event builds a physically and mentally balanced athlete. Watching you go for it will inspire others to do the same. If we focus only on placing, medals, and ribbons only a small group of athletes become proud. Get long term results by focusing on the distance you threw or the time it took you to run your event. Compare those numbers over time and watch them change. Inspire your teammates to focus on the process by asking: “what was your time?” or “how far did you throw?” Do your part to create a culture of growth.



Believe



Try a New Event



Process Questions



Distance & Time

**Coaches** inspire athletes to challenge themselves and challenge their teammates to develop new attitudes and skills. Coaches inspire by becoming an expert on how to improve at their event. Coaches understand the practice drills or activities that will translate to longer jumps, faster times and further throws. Athletes often provide pressure to do the “real” hurdle height or run the full 800m every practice. An inspirational coach understands the balanced approach needed to improve. Coaches motivate athletes to train in events that are outside of their comfort zone. Confidence built at practice inspires athletes to compete despite knowing that the first time might not go as planned. Confidence is built over time.



Motivation



Athlete Development



Coach Development

**Parents** inspire athletes by asking questions: What events will you enter? Why those events? How will you know if the meet has been a success? What events could you try that are out of your comfort zone? A discussion after the meet supports the process. What was your time in the 200m? How could you be faster? What was the best part of the race? An inspirational parent helps athletes see both sides of a situation.



Both Sides



Questions



Risk taking is Learning



**Persevere:** *Athletes* learn the most when they absolutely go for it! Keep grinding and trying even when it feels impossible. You may not win the 300m, but you can build speed and get faster while training for that hockey shift that is longer than it should be. Starting in Meet #2, entries are limited for our school. Talk to your coach to figure out how you can maximize your participation by doing events that happen to be unpopular. Ask a teammate for help: “Can you come watch me throw the javelin? I’m not that good yet...I need you to bring the positive vibes.” Help create a risk-taking environment where all team members feel safe to fail on the way to getting better. Perseverance occurs when athletes focus on what they can control.



Grind & Take Risks



Like Stuff



Do Unpopular Events



Positive

**Coaches** help build confidence by a focus on the process of improving. Coaches navigate struggle by embracing the messiness of development. Ribbons, medals, and banners are only one indicator of success. Energy should be directed towards things within the athlete’s control: quality repetitions over time. Events are limited for Meet #2. Coaches should predict what events are “full” ahead of time and suggest a balance in training. Trying an unpopular event is sometimes the start of something. At other times, it doesn’t work out. Coaches persevere by noticing new opportunities for athletes without getting stuck on a potentially negative outcome.



Growth Mindset



New Opportunities



Target

**Parents** help when times are tough and assist in the reflection process. What went well today? Can you find something you are proud of? How are you taking steps towards your personal goals? Throughout the season, parents provide context by sharing the changes that have gone unrecognized by the athlete. When athletes notice these changes, they are inspired to continue beyond the current season.



Reflect



Big Picture



Notice Changes



**Schedule & Practices:** The Celtics Athletics Calendar contains a complete schedule of all Outdoor Track team activities. Visit the ECS website and look for the calendar icon under the main title picture or scan the QR code on the right. Our weekly practices occur on the dates below. If there is no school, practice is cancelled.

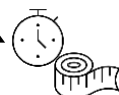


- Monday – 3:30-5:00 PM
- Wednesday – 7:15-8:30 AM

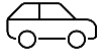
A specific schedule for each meet will be available one week prior to the event. All track meet schedules will be shared using the Gr. 6-8 Outdoor Track 2025 Edsby group.



**Communication:** Communication between coach, athlete and families are critical for a successful season. An Edsby group called: “Gr. 6-8 Outdoor Track 2025” is now open for you to join. Each athlete and one other family member should join. It is recommended that everyone setup notifications to receive new posts. Expect messages with timely information at the beginning of each week.



Gr. 6-8 Outdoor Track 2025



**Transportation:** Due to Pembina Trails bussing limitations and track meets extending the normal school day, we rely on families to arrange transportation. We realize this can be a significant challenge. Thank you for your continued support in this area. We would be happy to help organize rides. The first step is for athletes to talk to their teammates. We will also talk about rides at practices leading up to each meet. If you are stuck, contact Mr. Hamilton (Gr. 6), Mr. Yong (Gr. 7) or Mr. Janzen (Gr. 8) for support. Every athlete will have a ride to each meet.



**Attendance:** The #1 indicator of an athlete's success over time is consistent attendance at practice. It is up to the Outdoor Track Coaches to determine the impact of absences (minimum, moderate or significant) when considering next steps. We support other athlete interests and activities. We understand that conflicts will occur. We don't consider an "excused absence" as an absence when deciding whether each athlete attends a meet (more information below). Practice expectations are as follows:

**To be eligible for Meet #1:**

- April 14 – May 7
- attend 5 of 8 practices

**To be eligible for Meet #2:**

- May 12 - 28
- attend 4 of 5 practices

**To be eligible for Meet #3:**

- June 4 – 11
- attend 3 of 3 practices



**Excused Absences:** We try to be very reasonable when it comes to missing practice for a good reason. We don't consider the following as an absence:

- injury or illness (sometimes rest makes the most sense)
- absent from school the same day as a practice
- direct conflict between activities (i.e. band rehearsal, swimming or dance at the same time)

Attending a portion of a practice is always better than missing the entire session. If you are away from practice for any reason, athletes need to communicate with your grade level coach: Mr. Hamilton (Gr. 6), Mr. Yong (Gr. 7) & Mr. Janzen (Gr. 8). Use the Gr. 6-8 Outdoor Track 2025 Track Edsby Group or have a conversation with your grade level coach if you will be away from practice.



**Injury Prevention:** Running and jumping events can be especially hard on the adolescent body. We know that athletes can participate in many new activities starting in the Spring. Too much activity too quickly can lead to injury. It is possible to adjust the Outdoor Track practice schedules to support recovery from minor injuries as well as prevent overuse injuries from occurring. For example, an athlete who runs 5 days per week at soccer, could probably miss one outdoor track practice per week to stay healthy. Each situation is different. Ideally, families, athletes and coaches should have a conversation to see how the practice schedule can be modified to allow participation while also allowing enough time for rest and recovery.



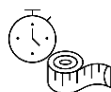
**Off School Grounds:** Practices for some events will take place off school grounds. Those training for running events will use the Charleswood Parkway regularly. Athletes training for long jump will walk with a coach to Royal School to use their pit (ECS doesn't have a pit). If you need to arrange early pickup from after school practices extra planning should occur. If you need extra support for your child communicate with Mr. Hamilton (Gr. 6), Mr. Yong (Gr. 7) & Mr. Janzen (Gr. 8)



**Track Meet Complexity:** At ECS we strongly believe that every athlete should have a chance to play and compete in a meaningful way in every extra-curricular activity (provided they come to practice). Meet #2 has proven to be one of the most challenging spots to support meaningful participation for all athletes due to limitations on entries. Sometimes, one category (i.e. grade 6 girls) can be extremely challenging to find entries for all athletes, while another event (i.e. grade 6 boys) can allow maximum participation. A unique puzzle occurs each year, within each category leading to slightly different outcomes.

The PE Team at ECS will continue to advocate for change so that Meet #2 is more inclusive. In the meantime, we will be creative to allow all athletes to participate. When determining priority for bonus entries, we consider attendance, engagement and results (time & distance not placings). We appreciate your patience and understanding when the following uncomfortable situations occur:

- An athlete is entered in less or different events than they would prefer to provide a spot for a teammate.
- An athlete who has placed in the top 3 in many events is asked to sit out one event **and/or** choose an event outside their comfort zone to provide a spot for a teammate.



**Meet #1 & #2 - Everyone:** Participation in track meets is based on meeting the expectations for practice attendance previously described. All Outdoor Track Athletes will attend two meets.

<i>Date</i>	<i>Who?</i>	<i>Arrival Time</i>	<i>Pick-up Time</i>	<i>Max School Entries</i>	<i>Min Events per Athlete</i>	<i>Max Events per Athlete</i>	<i>Entries</i>
<u>Meet #1</u> Thurs May 8	All ECS athletes vs 5 Pembina Trails Schools	8:00 AM	3:00 PM	No limit	3	5 including relay	No entries needed  Sticker Meet
<u>Meet #2</u> Thurs. May 29	All ECS athletes vs All Pembina Trails schools	8:00 AM	3:00 PM	5 athletes per category (ex 5 grade 6 long jumpers)	1	3 + relay	Entries needed  Final: Fri. May 23



**Meet #3 - Some:** Participation in track meets is based on meeting the expectations for practice attendance previously described. Some Gr. 7 & 8 athletes will attend a third meet by achieving time and distance **standards** established by Athletics Manitoba. Athletics Manitoba does not offer a provincial meet for Grade 6 students. If you've qualified, expect an invite using Edsby by 3:30 on Monday June 2<sup>nd</sup> with more information (a \$10 fee is required).



<i>Date</i>	<i>Meet Who?</i>	<i>Arrival Time</i>	<i>Pick-up Time</i>	<i>Max School Entries</i>	<i>Min Events per Athlete</i>	<i>Max Events per Athlete</i>	<i>Entries</i>
<u>Meet #3</u> Thurs. June 12	Gr. 7 & 8 who meet standards to qualify vs Any athlete in Manitoba	9:00 AM	3:00 PM	No limit	1	3 + relay	Invites out using Edsby by June 2.  Entries Final Fri June 7

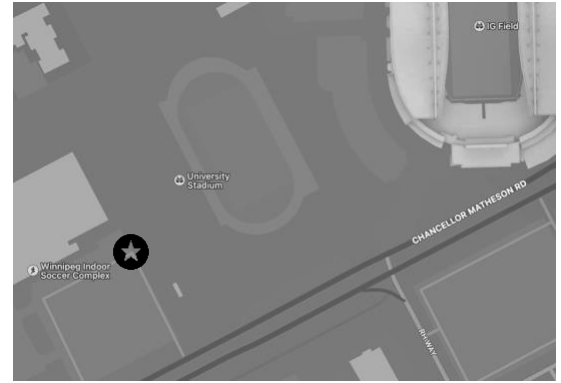




**Track Meet Preparation:** The following info is consistent for all Outdoor Track Meets.

**How to Get There:**

- Location: University Stadium @ The University of Manitoba.
- Pick-up & Drop-off (see the ★ on the map)



**How to Watch:**

- The best way to come to the meet to see your child compete is to be in contact with someone at the meet.
- Track meet schedules are unpredictable. Each event will begin once the preceding event has been completed. Due to fluctuating entries, it can be difficult to predict exactly when each event will begin and end.

**What to Bring:** Spring in Winnipeg MB brings all types of extreme weather. Stay comfortable by bringing:

- Clothes for cold/between events: sweats, toque, jacket & mitts. Warm muscles are long, powerful, and fast. The mornings in May & June are usually cold and catch many athletes underdressed and uncomfortable.
- Clothes for heat: hat, water, sunscreen. Consider bringing an umbrella (yes seriously...there's very little shade).
- Lunch: There is a canteen onsite; however, food is expensive with very few healthy pre-competition options.

**Cancellations:**

- Night Before: If a cancellation occurs...it usually happens the night before. A message will be shared using the Gr. 6-8 Edsby Group Outdoor Track
- In the Morning: A message will be shared using the Gr. 6-8 Edsby Group Outdoor Track Expect an announcement by 6:30 AM.
- During the Day: It's only happened once in the last 15 years, BUT....if the meet is cancelled during the day, students may need transportation earlier than expected. ECS staff will remain at the track until all students have found a safe ride home.



**Awards:** Athletes who meet attendance expectations and attend track meets will receive a participation award. Coaches will also select athletes for the Celtic Award. The Celtic Award is given to athletes that brings our values (connect, inspire & persevere) to life in their actions and behaviours.



To be eligible for Outdoor Track, complete the permission click found on the school website extra-curricular>athletics > Outdoor Track Permission (QR code links to permission click location). Please contact us at your earliest convenience if you have any questions.



We look forward to a great season of working and improving together! ☺

Sincerely,

Eric Hamilton & The Outdoor Track Coaching Team

Calvin Yong

Brett Hamilton

Amber Martyniuk

Reza Rezai

Kirsten Priestley

Noah Hoffman

Phil Janzen

