



Track & Field Club

Junior Development (JD) Parent & Athlete Handbook

Ages 8–13

valleyroyals.ca

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Welcome to the Valley Royals

Welcome to the Valley Royals Track & Field Club, a community-focused athletics club based in Abbotsford, British Columbia. Since its founding in 1980, the club has been dedicated to developing athletes through quality coaching, inclusive programs, and meaningful competition opportunities.

Our programs are designed to help athletes build skills, confidence, friendships, and a lifelong love of sport.

Our Vision, Mission and Values

Vision: The power of athletics enriches the lives of our athletes, coaches, and community.

Mission: Providing high-quality athletics programming through:

- Delivering safe and inclusive sport environments
- Supporting both grassroots development and high-performance pathways
- Investing in coaches and volunteers who create an athlete-centred experience
- Hosting and participating in events that bring the community together

Values: The following values underpin the daily actions that enable us to carry out our mission.

- **Community:** We care deeply about contributing to our community because everyone deserves to be included in something beyond individual achievement.
- **Empowerment:** We succeed as a club when our athletes, coaches, and members feel supported and motivated to reach their full potential in all aspects of their lives.
- **Excellence:** We value a culture of continuous improvement and integrity so our athletes, coaches, and community have the skills and approach to succeed on and off the track.

Our Home Facility

Valley Royals primarily train at:

Rotary Stadium
32470 Haida Drive
Abbotsford, BC

Junior Development (JD) Program Overview

The Junior Development Program is designed for athletes aged 8–13 who want to explore and develop track and field skills.

Athletes in this program will be introduced to a wide variety of events, including:

- Sprints and hurdles
- Middle-distance running and race walk
- Long jump, high jump, and other track jumping events
- A variety of throw events, including Shot put, Discus and Javelin
- Cross-country running (during our fall program)

The program emphasizes:

- Skill development
- Physical literacy
- Teamwork
- Learning the fundamentals of competition
- Having fun

Athletes are encouraged to try multiple event areas before specializing later in their athletic journey.

Practice Schedule (JD Program)

Typical track season schedule: **March – July**

Once your athlete is registered, a Valley Royals WhatsApp group is created for the season and families will be added to the group. This WhatsApp group is the primary place where families will receive:

- Current practice times
- Practice location updates
- Weather cancellations
- Schedule changes
- General team communication

Please check the WhatsApp group regularly to stay informed about practice schedules and updates throughout the season. Practices take place at Rotary Stadium unless otherwise announced.

Registration Requirements

Before participating in training or competitions, athletes must:

- Register with BC Athletics - [BC Athletics Membership](#)
- Register with Valley Royals - [Registration Form](#)

Athletes cannot participate in training sessions until their BC Athletics membership is active.

Volunteer Expectations

Valley Royals is a volunteer-run club, and family involvement is essential to supporting our athletes and programs.

Volunteer Hour Requirements

Junior Development (Ages 8–13)

- Track & Field Season Only: 8 hours annually
- Full Year Membership: 12 hours annually

Track & Field / Cross Country / Middle Distance (Ages 14+)

- Half-Year Membership: 10 hours annually
- Full Year Membership: 15 hours annually

Families with Multiple Athletes

For families registering more than one athlete, the full volunteer requirement applies to the athlete with the highest required hours.

Each additional athlete requires 5 additional volunteer hours.

Logging Volunteer Hours

Please submit the form each time you volunteer. Volunteer hours are tracked through the following form:

[Volunteer Hours Log](#)

Volunteer Deposit

A \$200 refundable volunteer deposit per family is collected at registration. Once the required hours are completed, families can request a refund using the following form:

[Volunteer Deposit Refund Request](#)

Once confirmed by the Club Administrator, the deposit will be refunded via e-transfer to the email used during registration.

Ways to Volunteer

There are many ways to support the club, including:

- Track meet support (timing, results, equipment setup)
 - Jen Swan Meet (May)
- Event planning and fundraising
- Uniform and equipment distribution
- Photography and social media
- Facility setup and maintenance
- Committee or board support

Why Volunteering Matters

Volunteering helps create a strong, supportive environment for our athletes. Your involvement keeps the club running smoothly, strengthens our community, and helps make track and field a positive experience for every Valley Royals athlete.

Merchandise & Team Apparel

Valley Royals offers a selection of team apparel and merchandise for athletes and families.

Wearing team gear is a great way to show club pride and support our athletes at practices, competitions and community events.

Available items may include:

- Valley Royals hoodies and t-shirts
- Training Singlets

Athletes competing in track meets are required to wear the official Valley Royals competition singlet.

To order merchandise or inquire about available items and sizes, please contact the club administrator.

admin@valleyroyals.ca

What Athletes Should Bring to Practice

Athletes should arrive prepared for training sessions.

Required:

- Running shoes
- Athletic clothing
- Water bottle

Recommended:

- Weather-appropriate clothing
- Light jacket or warm-up pants
- Hat and sunscreen (spring/summer)
- Extra layers for cool evenings

What to Bring to a Track Meet

Track meets can last several hours, so preparation is important.

Athlete Gear

- Valley Royals uniform (singlet)
- Black shorts or competition bottoms
- Running shoes
- Track spikes (if applicable)
- Warm-up clothing

Personal Items

- Water bottle
- Healthy snacks or lunch
- Sunscreen
- Hat
- Backpack for gear

Optional

- Folding chair or blanket
- Extra socks or shirt
- Small towel

Athletes should stay warm between events and remain with teammates whenever possible.

Track Meet Expectations

At meets, athletes are expected to:

- Arrive at least 60–90 minutes before their first event
- Warm up with teammates and coaches
- Listen carefully for event announcements
- Check in at their event when called
- Support teammates and show sportsmanship

Parents should help athletes manage:

- Hydration
- Proper clothing
- Staying organized between events

Communication

Club communication is typically shared through:

- Email updates
- WhatsApp
- Social media

If you have questions, contact our Club Manager at: admin@valleyroyals.ca

Coaching Staff

Valley Royals is proud to have experienced coaches who mentor athletes across all event areas.

Key coaching roles include:

- Lead Coach - Power & Speed Coach – Trevor Wight
 - Assistant Jumps Coach - Caleb Emon
 - Assistant Sprints Coach - Kristopher Swanson
 - Assistant Pole Vault Coach - Fred Sutherland
- Throws Coach - Debbie Foote
 - Assistant Coach - Gord
- Distance / XC Coach - Scott Svelander
 - Assistant Coach - Ange Olson

The club philosophy emphasizes qualified, enthusiastic coaches who support athlete growth and development.

Code of Conduct

Valley Royals is committed to creating a safe, respectful, and positive environment for all athletes, coaches, officials, volunteers, and families. All members of the club are expected to follow the BC Athletics Code of Conduct and Ethics.

Athlete Code of Conduct

Athletes are expected to:

- Treat coaches, officials, teammates, and competitors with respect and sportsmanship.
- Follow the instructions of coaches and club staff.
- Attend practices and competitions, prepared and ready to participate.
- Demonstrate fair play and integrity at all times.
- Care for club equipment and facilities.
- Represent the Valley Royals with pride and respect at practices, competitions, and club events.
- Athletes are expected to contribute to a positive team environment where everyone feels supported and encouraged.

Parent & Guardian Code of Conduct

Parents are expected to:

- Encourage good sportsmanship and respect for all participants.
- Support coaches and officials in their roles.
- Refrain from coaching athletes from the sidelines during practices and competitions.
- Treat all athletes, coaches, officials, and volunteers with respect and courtesy.
- Help their athlete arrive prepared and on time for practices and competitions.
Communicate questions or concerns respectfully through appropriate club channels.
- Parents help set the tone for the club environment and are encouraged to model positive behaviour for all athletes.

Commitment to Safe Sport

Valley Royals follows the BC Athletics Safe Sport policies, which promote:

- Respect
- Inclusion
- Athlete well-being
- Harassment-free sport environments

All club members are expected to contribute to a safe and positive athletic experience for everyone. For full policy details, please visit: <https://www.bcathletics.org>