

Notes from the Board:

- **NOTE DATE CHANGE:** The Board will host 2 Lunch and Learns sessions @ the Clubhouse on Nov 9 (for those under age 12) and **Nov 16** (for those aged 12+). **ALL** members are required to attend, as we will be discussing Code of Conduct, Harassment, Abuse and Discrimination, as detailed in our Policies and Procedures. LUNCH will be provided.
- Contact the office if you can spare any time to help in getting our new Clubhouse in shape. There are many small details still to be done; including a little administration work, filing, sorting, organizing, uniforms, equipment, and the like.
- We have several new coaches coming on board; details and schedules will be sent out shortly.
- Bingo volunteers are still required, and we do need to recruit more. Really folks this only requires a few hours of work yearly, (Our only alternatives will be to raise fees **and** enforce attendance).
- **We are actively looking for additional coaches and assistants - especially Junior Development coaches and assistants –come on parents –help out - get involved!**

Contact the office @ 416-258-2888

Volunteers of the Month: All who assisted with the Sept. 28th Cross Country Meet

Another great event hosted by ETFC. Nothing but positive comments from the athletes and coaches on the course and the meet in general. Thanks for all who volunteered! Course layout crew, Registration & Finish line crew, the Social Committee for the refreshments, and Steve (for all the rabbiting - quite a workout) and yes there are many more to thank!

Now that everyone has a little experience, on to the real test - October 26th, MTA Provincial XC - Hosted by Etobicoke Track

The event a little more formal so we will need more marshals and many more volunteers, as we expect a minimum of 500 athletes from across the entire Province to attend our meet. It's a team effort! Everybody in!



Coaches Corner:

Etobicoke Track is always searching for qualified coaches. We have 2 new coaches on-board.

The first is Dave Martin, who will look after jumps (long, triple, high) junior development up to 13 yrs old. For now, he will start coaching on Mondays at 5:45 pm and Saturdays at 9:00am. Dave competed in high jump and long jump at the national and university level. He has spent much of his life teaching and coaching youth athletics and as an assistant track coach at Bishop's The University."

Also on board as a coaching consultant, is Clifford Linton, a former coach with Etobicoke. Clifford has had an illustrious coaching career, covering sprints, hurdles and jumps, with many athletes at national and Olympic levels. He will be announcing his availability shortly.

Coming Events:

- **October 26:** MTA Provincial Cross-Country Championship Meet @ Centennial Park (We are hosting—as we are expecting at least 500 athletes from around the whole province -we will need lots of volunteers – Also make sure you let your coach know that you want to participate in this event – Let the coach know BEFORE Saturday Oct. 19th !!!)
- **November 9:** Lunch and Learn (under 12) @ Clubhouse following work out.
- **November 16:** Lunch and Learn (age 12+) @ Clubhouse following work out
- **January 11, 2020:** Awards Banquet-Time and location TBD

Volunteer Opportunities – Contact us @ 416-258-2888

- On a very serious note, **Bingo volunteers are urgently needed!** All that is required is to attend a 1-hour training event (taking place the first Tuesday of each month), and then a small commitment over the year of at least 1 or 2 Bingo (2 hour) sessions. We receive a significant boost in funds from the OLG-Bingo for our participation in this program. This is integral to keeping our programs running and keeping our fees reasonable. If we have insufficient volunteers, club fees will rise. John Powell would be happy to give you more details - 905-791-3184 -email: john.jes@bell.net
- We will need all Club members to assist in some fashion on Oct 26XC meet, Oct 26. Sample duties are: set up/take down crews, course layout (Friday pm), Start/Finish Line organization, course marshals, registration, and food/drink assistance - please! Just send a quick text to 416 258-2888 or a short email to etobicoketrack@rogers.com saying the you will be there to help out (identify a job if you like)
- **Club and coach's communication guidelines:** Our solution to keeping in touch for both club and coaching activities, is twofold.
 - General club-wide contact is kept to a minimum, and the mailing list is usually generated from the initial registration forms as submitted to the club. The club form currently has room for two email addresses. These addresses occasionally change, are incorrect, or incomplete. If you feel you not are getting sufficient contact, don't hesitate to let us know and we will confirm with the master contact list.
 - Each coach will additionally maintain some sort of contact mechanism/list for his or her athletes/group.
 - Coaching groups vary in size, age, and perhaps technical competence. We leave it up to the coach to additionally maintain a more direct and up-to-date plan for more instantaneous communications (i.e. regarding location, schedule changes, last minute details/cancelations). So, it is important that you make sure your assigned coach has your up-to-date contact info.

Note that occasionally you may get duplicate mailings

March Break in Alabama Training Camp:

A reminder that we have begun to organize the 2020 Camp.

Email etobicoketrack@rogers.com to be added to the email list for information updates.

<http://etobicoketrack.ca/march-break-camp/>

Parent Programs:

Please make the effort to join our Run/Walk program during your kid's practice time. Use your gift of "ME" time to get in some mileage or simply some steps. Contact Julius to register yourself as a casual member.

Inspiring Athletes to Achieve Their Personal Goals Within Our Supportive, All-inclusive Environment