

### Notes from the Board:

- We will hold a Uniform Distribution day Saturday Sept 21, @ the Clubhouse, following the work out –One Training shirt for all members – Jacket/Jerseys only for athletes signed up/paid, as full competitive members
- The Board will host 2 Lunch and Learns sessions @ the Clubhouse on Nov 2 (for those aged 12+) and Nov 9 (for those under age 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 provided.
- Contact the office if you can spare any time to help in getting our new Clubhouse in shape. There are many small efforts still to be done; including a little administration work, filing, sorting and the like.
- We have a new Board member and have restructured the Boards - WELCOME Tullio Taccone!
- Bingo volunteers are still required and we do we need to recruit more (Beware alternatives to insufficient volunteers may be unpleasant).
- We are actively looking for additional coaches-especially Junior Development Coaches and assistants

Contact the office @ 416-258-2888

#### Athlete Profile: Arjun Stenger

Arjun reflects on his silver medal performance. He feels that despite a great effort on his second-place national youth championship finish, and a terrific year of constant improvement, he is disappointed at missing the gold, and vows to improve!

Coach Paul Galas is fully on board.

Following his family tradition at always being the first to volunteer, Arjun contributed to the summer camp as a part time counselor



#### Coaches Corner: Maria and Sotiris

Welcome back Maria, Sotiris and family, from an extended Grecian trip. Both are junior development specialists, with an emphasis on throwing. They are both leaders in physical fitness and strength training. Check out Maria's TV talks on Greek TV by entering "my personal benefit" in You Tube – I'm sure they will be willing to interpret

#### Volunteer of the Month: Karen Gierlach

Many Thanks go to Karen Gierlach (seen here with fellow Special Olympics coaches Reid Gallant and Isabel Burdett) for organizing and helping with administration of the Etobicoke Energy unit.

She notes "The Special Olympics athletes are enthusiastic and energized when sharing the track with club members and coaches. Besides the benefits of physical activity, the Etobicoke Track members provide positive, inspirational role models."



### Coming Events:

- **September 21:** Uniform Distribution Day @ Clubhouse, following work out.
- **September 28:** ETrack XC Meet @ Centennial Park (we are hosting –we will need lots of volunteers – this event with distances from 400 to 3km may replace the Saturday am workout)
- **October 26:** MTA Provincial Cross-Country Championship (MTA) Meet @ Centennial Park (we are hosting)
- **November 2:** Lunch and Learn (age 12+) @ Clubhouse following work out.
- **November 9:** Lunch and Learn (under 12) @ Clubhouse following work out.
- **January 11, 2020:** Awards Banquet-Time and location TBD

## Volunteer Opportunities – Contact us @ 416-258-2888

- We will need all Club members to assist in some fashion with both the XC meets, Sept 28 and Oct 26. Sample duties are: set up/take down crews, course layout (Friday pm), course marshals, registration, and food/drink assistance - please!
- Bingo volunteers are always needed. It requires you to attend a 1-hour training event (taking place the first Tuesday of each month), and then a small commitment over the year of 1 or 2 Bingo (2 hour) sessions only. We receive a nice boost in funds from the OLG-Bingo for our participation in this program.

### Policy Overview:

Policy Name: **Dress Code**

#### Policy:

All members will be provided with Club related clothing and uniforms at the time of their initial registration. They will wear the clothing and uniforms in accordance with the procedures within this policy, to market and represent their Club.

#### Scope:

This policy applies to all athlete members of the Clubs when participating in club designated events including practices and competitions.

*For a copy of the full Policy-contact the office 437-242-3513 or 416-258-2888.*

### March Break in Alabama Training Camp:

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

Email Catherine at [catherine.weber@primus.ca](mailto:catherine.weber@primus.ca) to be added to the email list for information updates.

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

### Parent Programs:

- 1) 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.
- 2) Those who might be want a more competitive challenge should join the Etobicoke Track Masters Program. Masters competitions have no entry standards and all levels and ages are welcome. Email Catherine @ [Catherine.weber@primus.ca](mailto:Catherine.weber@primus.ca) to join, or for more information visit [www.ontariomasters.ca](http://www.ontariomasters.ca).