

# **Border City Athletics Club**

## **Members Handbook**

### **2022/2023**



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## **Section 1 - About Border City Athletics Club (BCAC)**

### **Mission Statement**

Our mission at **Border City Athletics Club** is to develop young athletes with aspirations of success. By utilizing their gifts, we intend to assist them in overcoming athletic, personal, academic, and professional obstacles and mentor them in becoming role models for the next generation.

### **History of Border City Athletics Club**

The Border City Track Club originated in the 1990's and was formed by the legendary University of Lancer Head Coach Dennis Fairall. The Border City Track Club was forged as an elite track club by coach Fairall. It was home to 1996 Olympic 200m semifinalist O'Brian Gibbons and Decathlete Nike Nolan who placed 10<sup>th</sup> in the 2001 IAAF World Championships in athletics. In 2013, current Head Coach Kurt Michael Downes restored the club as the "Border City Athletics Club". The current BCAC resides at the historic St. Denis Centre field house, home to 25 CIS National Indoor Championships and Sandwich Secondary High school the host site of Multiple Ofsaa Championships Alumni Field Stadium. Former Lancer All Canadian Sprinter Leonae Nichols designed the current logo. The logo is a combination of the acronym "BCAC, the base of which is an "A" that represents the iconic Ambassador Bridge which resides in the background of TrackTown Canada.



## **Head Coach-Kurt Downes**

Events Coached: Sprints, Hurdles, Jumps, Distance, Combined Events

Education: BA, B.Ed, MA Kin, ChPC

Coaching Certification: NCCP Competition Development: Sprints, Hurdles, Relays & Jumps | IAAF Academy Level 5: Sprints & Hurdles

Hometown: Windsor, ON

Profession: Teacher WECDSB,

Past Athletic History: University of Windsor Lancers varsity athlete (1998-2003), Elected Team Captain (2000-2003), CIS National Team Champion: 2003 (Athlete) and 2015 (Coach), CIS 4x200m Relay National Champion (2002), 2-time CIS Track and Field All-Canadian (2001-2002), NAIA Track and Field All-American 2002

### **Coaching Highlights:**

2022 World Athletics Championships Sprints/Hurdles/Relays Coach – Eugene, Oregon

2021 Olympic Games Sprints/Hurdles/Relays Coach - Tokyo, Japan

2019 World Athletics Championships Sprints/Hurdles/Distance/Relays Coach - Doha, Qatar

2018 NACAC Championships Sprints/Hurdles/Distance/Relays Coach - London, England

2017 IAAF World Championships Sprints/Hurdles and Relays Coach - London, England

2015 Pan American Junior Championships Combined Events Coach- Edmonton, Alberta

2013 IAAF World Youth Championships Hurdles/Combined Events Coach Donetsk, Ukraine

2013 Canada Summer Games Sprints/Hurdles and Relays Coach - Sherbrooke, Quebec

2011 University of Windsor Hurdles Coach

2012 IAAF World Junior Championships Hurdles/Combined Events Coach Barcelona, Spain

2011 University of Western Ontario Sprints/Relays Graduate Assistant Coach



## **About Our Staff**

BCAC is blessed to have very talented and accomplished coaches who work with the athletes. Our desire is that the athletes at BCAC not only grow in their talent and love for track, but also as young men and women who grow in integrity, character, discipline, and dedication that they will be able to apply to all areas of life.

## **Accomplishments**

Our coaches have coached, been a part of or competed themselves on teams that have won championship medals and team titles at OFSAA, CIS National Championships, NAIA National Championships, NCAA Championships, AO Provincial Championships, AC Canadian Senior Championships, AC Canadian Junior Championships, AC Canadian Youth Championships, Pan Am junior Championships, and the Commonwealth Games.

## **Coaching Staff**

Kurt Downes – Head Coach  
Rob Moore - Associate -Coach  
Craig Poole – Coach  
Erin Seagris – Coach  
Marcia Milne-Coach  
Paul St. Louis – Coach  
Mike Baran - Coach  
Kelsey Balkwill- Coach  
Khalil Parris – Graphics/Marketing  
Jasmine Scott-Kilgo – Jumps  
Dallas Akins – Jumps  
Kennedy Campeau - Developmental Coach/Website  
Karlie Moore - Developmental Coach/Media  
Zion Webb - Throws  
Tommy Gingras – Coaching Education  
Colin Edwards - Developmental Coach  
Ronan Radovich - Developmental Coach  
Ryan Gilham - Developmental Coach  
Will McBride - Developmental Coach

## **Members**

Trevor Mulder – Director  
Desmond Griffiths – Director  
Dailah Mulder – Member  
Melissa Bishop – Member  
Kelsey Balkwill– Administrator



## **BCAC Events**

We are members of Athletics Ontario, Athletics Canada and the MITS as such we offer the following programming: Run Jump Throw, 60m-800m, distance, long, triple, high jump, throws and combined events. We also provide speed power training for team sport athletes and groups.

## **BCAC Training Facilities**

BCAC trains athletes during multiple locations during the seasons of the year.

We utilize the following locations :

Sandwich Secondary School

Dennis Fairall Fieldhouse & Indoor Track at the (Toldo Centre) University of Windsor

Malden Hill

Ojibway Park and Nature Complex

## **Section 2 - Registration fees and training days**

### **Registration Fees**

- Registration fees are non-refundable. All fees are due on the day of registration. Post-dated cheques will be accepted according to the BCAC fee schedule.
- Currently, BCAC accepts cash, cheques, and credit cards. All credit card processing will include a 2.95% processing fee.
- Post-dated cheques will be accepted for Full-Year Fees ONLY.
- Rejected payments (NSF), will be charged a \$20.00NSF fee from BCAC, in addition to any fees incurred from your local bank. Training will be suspended, until all fees are paid in full.

### **Training Cancellations**

- BCAC will be closed for all major holidays but adapts the training days during the Christmas Holiday and March Break. All adaptations will be updated on [www.bordercityac.com](http://www.bordercityac.com), social media, WhatsApp group and email.
- In the winter months, BCAC training may be cancelled due to inclement weather conditions. Announcements will be via social media, website, and email, so please check these prior to attending training on poor weather days. BCAC is not responsible for make-up training, or reimbursement, for cancellations due to weather.
- Due to the shared facility of the University of Windsor Track and Field Team, there may be a few instances where the St. Denis Center is unavailable due to a university track meet during BCAC training. Announcements will be made in advance, via social media, and email as a reminder. BCAC will make every effort to make up these overlap days, but is not obligated to do so.



## **Section 3 - Athlete Responsibilities**

### **BCAC Athlete Training Code of Conduct**

In order to assure all athletes a safe and positive training environment, it is important that the following rules of respect and courtesy are maintained:

- Please arrive 15 mins prior to training practice prepared and ready to work.
- All athletes should speak to one another and BCAC coaches and staff in a respectful and courteous manner at all times. No coarse, obscene, or derogatory language.
- All athletes should encourage and support each other at all times.
- BCAC is a drug/alcohol/tobacco free environment. Anyone found in possession of, or using these substances, will be suspended from training at the discretion of BCAC.
- Due to the intense physical and mental nature of track and field, the training may seem difficult at times and very challenging. Please keep all complaining to a minimum as it negatively mentally affects the other athletes who are also trying to get through their workout. "No pain, no gain."
- Athletes should come prepared to sweat and have fun.
- Parents are required to stay in the stands and not to enter the field of play unless there is an injury or an invitation from a coach.

### **Training Attendance**

- In order to maximize the workouts that are provided by the BCAC coaches, every athlete should make every effort to attend training as much as possible. We understand that many families go on vacations and trips that affect the availability of the athletes to train. Track and field is a sport that requires time and effort to see improvement and the schedule provided at BCAC reflects that. Unfortunately, there will be no refunds, or prorated fees, for missed practices or vacations.

### **Dress Code for Training**

- All athletes must wear appropriate training attire. Full coverage shorts for girls and tank top or t-shirt. All sports bras must be covered. Boys must wear a tank top or t-shirt and proper shorts. Proper running shoes and spikes. Any athlete in inappropriate attire, at BCAC staff discretion, will be asked to change into proper training clothing.



## Section 4 - Uniforms

BCAC will be opening an online store for a period of time, at which time BCAC apparel may be individually purchased. Items include t-shirts, sweaters, hoodies, jackets, etc. Announcements will be made via email/social media when the items will be available for purchase.

In addition, all athletes are required to wear a purchase a current New Balance BCAC uniform package. A current uniform must be worn when available, in order to compete at competitions. Please contact [admin@bordercityac.com](mailto:admin@bordercityac.com) if you have any questions.

## Section 5 - Meet Information

### Meet and Event Fees -

Due to the individualized nature of track and field, meet arrangements must be strictly adhered to as the number of athletes varies at each meet, affecting the cost of each athlete. When an athlete changes their transportation and accommodation at the last minute, it severely affects the preparation of other athletes, negatively affecting the finances of BCAC. Therefore, the BCAC process for meet registration will be as follows:

- The **MEET FEE** - Includes, but is not limited to, coaching expenses, accommodations, transportation and gas.
- **The EVENT FEE** - The registration cost per event for the athlete.
- Meet fees and event fees will be required **TWO WEEKS** prior to the meet.
- All Meet fees and event fees are to be paid in **FULL**, and **NO REFUNDS** will be issued. (BCAC will use discretion.)
- All BCAC athletes attending the meet, will be required to pay meet fees and event fees, regardless of parental accompaniment.
- As the expenses of each meet differ, the meet fee will vary.
- All athletes must register for meets by the deadline, so arrangements for transportation and accommodations can be made. **Deadlines will be strictly enforced.**

### Meet Conduct

All athletes are to adhere to BCAC Athlete Training Code of Conduct at all times. In addition, BCAC Meet Conduct will be as follows:

- An athlete curfew of 11:00pm will be enforced by BCAC and chaperones. This ensures our athletes will perform at the best of their ability.
- Boys and girls are **NOT PERMITTED** in each other's hotel rooms.
- All athletes under the age of 16, will be under the direct supervision of gender appropriate BCAC staff overnight in hotel rooms.
- Any infraction ( at the discretion of BCAC) of the BCAC Training Code of Conduct or BCAC Meet Conduct will result in athlete being sent home at the parent's expense.





## **Section 5 - Communication**

Website - [www.bordercityac.com](http://www.bordercityac.com)

Facebook - <https://www.facebook.com/bordercityac>

Twitter - [https://twitter.com/bordercity\\_ac](https://twitter.com/bordercity_ac) or [@BorderCity\\_AC](https://twitter.com/BorderCity_AC)

Email - [coaches@bordercityac.com](mailto:coaches@bordercityac.com) or [admin@bordercityac.com](mailto:admin@bordercityac.com)

Instagram - [https://www.instagram.com/bordercity\\_ac/](https://www.instagram.com/bordercity_ac/)

Teamsnap Parent Information Group – Specific information will be emailed or texted after registration.

## **Section 6 - Photography and Video**

BCAC often takes photography and video of various meets and practices. These images are used for social media purposes and are used to encourage other athletes and to advertise the nature of our club. By signing the BCAC registration form, you agree to allow us to use the footage we collect for social media purposes and advertising materials. All photographic rights are reserved by Border City Athletics Club.

## **Section 7 – Covid 19**

Please understand that in order to operate in the correct fashion, at times you may have to undergo various COVID 19 processes. Please be patient with the process.

**IMPORTANT NOTE: Upon signing the registration form, you are agreeing to the terms set out in this handbook.**

