

10 questions to ask before choosing a track & field club

Do you have a program for my child's age and skill level and are there other athletes like my child in that program?

Freds welcomes athletes of all ages older than 5 years old. Our programs are designed with the age of the athletes and their skill level in mind. Within programs, athletes might be grouped by interest in events.

<https://www.frederictonredstrackandfield.com/programs.php>



Where do you train and how do you ensure a safe environment for the athletes?

During the winter, we train at the indoor track at the Fitness Centre of Base Gagetown. During the summer, we train at the outdoor track at the Base Gagetown Fitness Centre. We train at Odell Park in the fall for a few weeks. The exact time and places vary during the year and can be found on the **Freds** website and Facebook page.

Communication among coaches ensures that the available space is used in a safe manner. Most of our coaches have received First Aid training and we carry information related to emergency contact, allergy, medicare, etc of each athlete. All coaches are required to pass a criminal background check.

<https://www.frederictonredstrackandfield.com/index.php>

Do you place development above winning?

Track & Field is a sport where athletes reach their best performances at about 25 to 30 years of age. Following the Athletics Canada Long Term Athlete Development model, **Freds** puts more effort in developing basic movement literacy and athletic skills at a young age (before 14 years old). With older athletes, the training programs are tailored according to the goals and objectives of the athlete. However, improving one's performance is always promoted instead of "winning the race."



Do Freds train athletes in all Track & Field events?

Freds offers training in all Track and Field events – running (including hurdles and steeple), jumping and throwing. Some events such as pole vault and triple jump are introduced to older athletes only. Standing long jump and softball throw are presented to younger athletes. Young athletes are encouraged to train in many events and specialize later (at an age between 16 and 18 years old).



Do athletes have to attend all practice sessions?

Freds offers one to 3 training sessions per week depending on the program. Young athletes are encouraged to practice other sports and are not expected to attend all training sessions. We understand that most of **Freds** members are students and that school will take precedence some weeks. An athlete's attendance to practices should be guided by their personal goals.

Who are the coaches and what are their qualifications and experience?

Freds is currently working with 7 coaches and assistant coaches:

Abigail Davidson, assistant coach, athlete development.

Allen Boutilier, assistant coach, athlete development.

Andrea McMullin, mid-distance, distance, NCCP club coach.

Carl McIntosh, jumps and mid-distance, NCCP level 3.

Jennifer Butler, mid-distance, sprints, jumps NCCP level 3.

Troy Wilson, MSc Kinesiology, strength and conditioning.

Yvan Pelletier, sprint, hurdles, mid-distance, throws, NCCP level 4.

We have coaching experience at the club, university, provincial and national level.

Together, we have more than 80 years of experience.

<https://www.frederictonredstrackandfield.com/staff.php>



Do you travel for competition with athletes of the age of my child?

Freds participates in Atlantic championships and some meets in Maine. Some **Freds** athletes will also travel to National Championships. We ask that athletes younger than 14 years of age be accompanied by a parent. It is not mandatory for athletes to compete, some prefer just to train.

What does the membership fee include and are there additional expenses?

Freds membership fees include;

Training program

Access to training facilities

Training equipment

Freds T-shirt

The mandatory registration to Athletics NB and competition expenses and associated travel cost are not included.

Can parents attend the training sessions?

Absolutely! We encourage parents to attend to the training sessions and chat with the coaches. Parents can also join the club!

Is Freds accredited or recognized as an organization?

Freds is a member of the provincial and national bodies, Athletics New Brunswick and Athletics Canada. **Freds** is a registered as a non-for-profit organization. We are among the few clubs that were invited to participate in a pilot program, Club Excellence, managed by Athletics Canada. We are also part of the True Sport organization.

Freds is managed by a Board of Directors elected annually.

<https://www.frederictonredstrackandfield.com/index.php>

