

Track
Attack

2025
Parent
Guide



**TRACK
ATTACK!**

Table of Contents



- Land Acknowledgement
- Camp Dates, Times, and Locations
- What to Bring to Camp
- What to Do on the First Day
- Typical Daily Schedule
- The Track Attack Philosophy
- Track Attack's Coaches
- Medications and Allergies
- Inclement Weather
- Air Quality
- Photographs and Media Policy
- Commitment to Diversity, Equity, and Inclusion

Land Acknowledgement

In the spirit of reconciliation, we acknowledge that Track Attack takes place on the traditional territories of the Blackfoot Confederacy (comprising the Siksika, Kainai, and Piikani Nations), the Tsuut'ina Nation, the Stoney Nakoda Nations (Wesley, Bearspaw, and Chiniki), and the Métis Nation of Alberta, Region 3.



Camp Dates, Times, and Locations

Track Attack is proud to offer three weeks of camps in 2025.

Week One

July 7 to July 11, 2025

9:00 AM - 12:00 noon daily

Glenmore Athletic Park
(5300 19 St SW)

Week Two

July 14 to July 18, 2025

9:00 AM - 12:00 noon daily

Foothills Athletic Park
(2431 Crowchild Trail NW)

Week Three

July 21 to July 25, 2025

9:00 AM - 12:00 noon daily

Foothills Athletic Park
(2431 Crowchild Trail NW)



What to Bring to Camp

Track Attack aims to be as inclusive and affordable as possible for all families and strives to keep outside costs to parents at a minimum, as such the requirements to participate are basic. Your child needs to be dressed appropriately for the weather in comfortable, preferably athletic, clothing with running shoes and a water bottle. That's it. That's all.

The most important thing is that your child is comfortable in the clothing that they are wearing, I understand that children can be highly sensitive to fabric, fit and style. If they can participate safely in what they are wearing, we're good to go!

Things to Bring to Track Attack

- Water bottle and snack
- Mosquito repellent, rain gear, and sunscreen
- Small backpack or bag to hold all belongings
- Hat



What to Do on the First Day

Please arrive to the track ten to fifteen minutes early on the first day. Coaches will be available beginning at about 8:45 to answer questions and assist with signing in athletes.

At 9:00 Head Coach Tara will call your child's name and indicate who their coach will be. Parents are required to check-in with their child's coach on the first day to confirm contact information, provide any important information the coach may need, and to provide information about who will be picking your child up or how they will be getting home. After the first day your child can simply find their coach.

Parents are welcome to stay and watch - we suggest bringing a camping chair so you can sit in the shade. However, this isn't required! If your child needs some help feeling comfortable please feel free to help them however they need. Our coaches are also trained to help their athletes acclimate to the camp and feel at home on the track.

Pick-up is at noon. Please wait off of the track and coaches will dismiss their athletes when their pick up person has been confirmed. It is not necessary to walk to your child's group, they will come to you.

Typical Daily Schedule

Here is what a typical day at Track Attack might look like:

9:00 – 9:10: Sign-in and static stretch

9:10 – 9:40: Warm-up games

9:40 – 10:10: Technical warm-up

10:10 – 10:40: Activity one

10:40 – 11:00: Snack break

11:00 – 11:30: Activity two

11:30 – 11:45: Cool-down game

11:45 – 11:55: Gold star and pack-up

11:55 – 12:00: Group dismissal



Track Attack Philosophy

Since 2009 Track Attack has been designed to instill confidence in children through the fundamentals of track and field.



We believe that racing and competition is not just about winning and that an athlete's proudest moments come from setting personal bests. A personal best can be huge, like minutes or meters, , or as small as one hundredth of a second or a centimeter. Each incremental improvement is as worthy of celebration as the next. Focusing on personal bests allows children to grow, learn, and have fun at the same time.

Track Attack Coaches

Camp Director and Head Coach Tara Power



As an athlete, Tara trained and raced for 14 years before retiring in 2011. During that time she attended an NCAA Division One university in North Carolina and became a two time Canadian National medalist in the 3k Steeple Chase. She is a long-term coach with Calgary Track and Field (CALTAF) and has coached at the Alberta and Canada Summer Games. She also holds a Master's Degree in Education and is a mother to four growing kids.

Group Coaches

All of Track Attack's group level coaches are athletes from local track and field clubs.

Medications and Allergies

Your child's health and safety are incredibly important to us. Please let us know if your child has any medical concerns. Small or large, significant or possibly irrelevant, we want to know. It's always best to have the most knowledge possible about anything that may impact an athlete's health.

The Track Attack registration form includes an emergency phone number in the off-chance that we need to make a call as well as notification of any allergies or medications. Please be sure to advise the camp director and your child's coach of any changes that might have occurred since registration. Please send any needed medication to camp with your child.

Our staff are trained to use Epi-pens, can support the administration of asthma medication, and can administer first aid, if needed.

Inclement Weather

Our camps run rain or shine (mostly)

For Hot and Humid Days

Our schedule allows for regular and more frequent water and shade breaks when the weather demands it. There is a scheduled snack time, which will always be taken in the shade as there is no actual shade on the track itself. In the event of a heat advisory, the intensity of the activities will be adjusted to meet the needs of the age group.

For Rainy Days

If it looks like it is going to rain, it would be ideal to send your child with the following: Rain gear, gloves, extra socks, and an extra set of clothes in a plastic bag. In the event of a particularly bad storm, camp may be cancelled for the day. This has only happened once in Track Attack's history and is avoided if at all possible.

In the event of lightning, all the athletes and coaches will be moved to shelter. There must be a period of 30 minutes or more of safe skies, no lightning, before the groups will be permitted to be back on the track. If lightning persists for more than an hour, camp will be cancelled for the day and pick ups will be arranged.

Air Quality

As wildfires become a common occurrence for Alberta summers, an air quality policy has been implemented by Athletics Alberta. Air quality ratings of 1-3 are optimal for outdoor training and no restrictions or modifications are necessary. Air quality ratings of 4-6 are less than ideal and modifications must be made to the intensity of the activities and all athletes are monitored for symptoms. Air quality ratings of 7 and higher are considered hazardous for outdoor, high intensity training and all training sessions must be cancelled.



Photographs and Media Policy

We like to cherish the fond memories and exciting moments at Track Attack. On the final day of each week participants will receive a photo journal of their experience at Track Attack. During registration you have a choice to consent between photos being taken of your child for the purpose of ONLY journals or journals and the possibility of appearing in social media posts or advertising. Please note that your child's photo will end up in journals other than their own, such as in larger group photos. No names or identifying information will ever accompany any social media post or be used in any advertising.



Our Commitment to Diversity, Equity, and Inclusion

Track and Field is a sport celebrated around the world and is unique in that the many disciplines of the sport reward and celebrate different types of athletes and bodies. Track Attack is committed to creating and upholding a diverse, inclusive and equitable environment that is respectful and welcoming to everyone. We believe that embracing voices from diverse racial, cultural, and religious backgrounds, along with a spectrum of political beliefs, ages, sexual identities and orientations, socio-economic statuses, and physical and cognitive abilities, will enrich our world for everyone.

Equity, diversity and inclusion are rooted and imbedded in our mission, vision and values. We are committed to listen, learn and challenge the status quo to both build stronger, more empathetic teams and to celebrate how we walk through the world as individuals. We recognize that this commitment is continually evolving and strive to refine our policies, training and programs to reflect what we have learned.