



FLYING ANGELS SUMMER LEAGUE TEAM INFORMATION PAGE

The Flying Angels Summer League Team is a 12-week program that is ideal for athletes who are starting out in the sport. The program involves athletes participating in group training sessions one evening each week and competing in a series of track meets throughout the summer. Summer League Team program members also attend an end-of-season awards luncheon, and get a chance to meet a Canadian Olympian.

PREREQUISITE TO JOIN

There are no prerequisites to join the Summer League Team. Athletes of all skill levels are encouraged to participate. We welcome everyone, whether you are a beginner or if you have participated as a member of your school's track team or another or club.

TRAINING SESSION

The team members train evening per week at one of our training locations lead by our knowledgeable coaches. The training sessions usually lasts 90 minutes and consists of a group warm up, speed training, endurance, strength, core, and flexibility work. The athletes in this program get a chance to learn different events. Training groups may have up to 20 athletes working together at any given practice.

COMPETITIONS

The athletes in the Summer League Team program compete in the Ontario Youth Athletic Association (OYAA) meets, including the OYAA Provincial Championships. These athletes also compete in the Flying Angels International Classic against other athletes from the Caribbean and the United States. Athletes in this program also have an opportunity to compete in Philadelphia, Pennsylvania (additional cost).

TRAINING LOCATIONS

Flying Angels has training locations in Brampton, Durham, Etobicoke, Markham, Mississauga, North York, Scarborough and Toronto.

See the accompanying page for location addresses and training schedules.

PROGRAM START DATES & FEES

The Summer League Team group training sessions begin the week of June 12 and end August 20.

COMPETITION SCHEDULE

Summer League athletes may compete at any or all of the following meets:

- June 18 OYAA Meet #1 Etobicoke
- June 25 OYAA Meet #2 Etobicoke
- July 15-16 Flying Angels International Classic North York
- July 20-24 UAGTCA Youth Invitational Philadelphia
- July 30 OYAA Meet #3 Etobicoke
- August 13 OYAA Provincial Championships Etobicoke
- August 20 Summer League Awards Luncheon TBA

PROGRAM PRICE

- Summer only membership - \$150

FAMILY DISCOUNT

Parents who register more than one child in the program at the same time receive the following discounts off the total membership fees:

- 2 children – **save \$50.00** (*Discount Code: FAMILY2*)
- 3 children – **save \$150.00** (*Discount Code: FAMILY3*)
- 4 children – **save \$225.00** (*Discount Code: FAMILY4*)

WHAT MY MEMBERSHIP FEE COVERS

Membership fees cover:

- 12 weeks of coaching instruction and/or mentoring by our team of coaches
- Registration with Governing Association (Ontario Youth Athletic Association)
- Entry fees into all meets that the club selects the athlete to participate in (OYAA and Philadelphia meets)

Additional Fees are required for:

- Team Uniform Kit
- Facility fee (where required)
- Travel to out-of-town meets (transportation, accommodations, and meals)

FINANCIAL AID

Financial aid is available to those who qualify. Please see the Team Handbook to get more information about the Financial Aid. Payment plans in the form of post-dated cheques are also accepted.

UNIFORM KIT

Each new member must purchase the Summer League Team uniform kit.

The kit contains the following:

- T-shirt
- Racing jersey
- Racing shorts
- Sweat top
- Sweat pants

Kit price - \$140

FACILITY FEE

Athletes are must pay a fee to enter a training facility (where required)

* Facility fee is required at the North York (Toronto Track & Field Centre) location (\$3.50/visit)

FUNDRAISING COMMITMENT

Each member is required to successfully complete the club's fundraiser. The fundraiser consists of the team raffle whereas each member must sell one book of raffle tickets (10 tickets @ \$10 each ticket).

VOLUNTEER COMMITMENT

Each member must be committed to perform volunteer duties with the club. Duties range from serving on a committee to assisting at Flying Angels events and track meets.

FUNDRAISING & VOLUNTEER COMMITMENT CHEQUE

Upon registering with the club, athletes must bring a \$100 Fundraising and Volunteer commitment cheque to the Team Manager. The cheque must be post-dated for August 31, 2017. This cheque serves as a commitment to participate in the club's fundraising and volunteering activities.

The cheque is returned at the end of the season if the family fulfils their fundraising and volunteer responsibilities. The post-dated cheque will be cashed by the club if the member does not fulfill their fundraising or volunteer responsibilities.

FUNDRAISING & VOLUNTEER COMMITMENT OPT-OUT OPTION

Members may choose to opt-out from all fundraising and volunteering duties by writing a cheque for \$125 and giving it to the team manager at the time of registration. The Opt-out cheque must have a current date and will be cashed when received.

REGISTRATION

Registration is done by completing the Online Registration Form. The link to the form is found on the "Registration" page of the club website at www.flyingangels.ca. Registrants may pay online using a credit card, email an Interac bank transfer to track@flyingangels.ca, or pay on-site at the first practice by cash, cheque or money order.

Registration and payment must be completed before the athlete begins practicing with the team.

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426