



FLYING ANGELS CROSS COUNTRY TEAM INFORMATION PAGE

The Flying Angels Cross Country Team is a 10-week program that is ideal for athletes who enjoy distance running. The program involves athletes participating in group training sessions and competing in a cross country competitions throughout the fall.

PREREQUISITE TO JOIN

There are no prerequisites to join the Cross Country 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 team.

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, endurance running, 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 Cross Country Team program compete in the Minor Track Association (MTA) or Athletics Ontario (AO) meets.

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 Cross Country Team group training sessions begin the week of September 4 and end November 30.

PROGRAM PRICE

- Fall only membership - \$175

FAMILY DISCOUNT

Parents who register more than one child in the program at the same time receive a discount of \$25 per child. Enter the promo code when completing the online registration to receive the discount:

FAMILY2018

WHAT MY MEMBERSHIP FEE COVERS

Membership fees cover:

- Coaching instruction by our team of coaches
- Registration with Governing Association (Minor Track Association, Athletics Ontario and/or Ontario Youth Athletic Association where club deems necessary)
- Entry fees into all meets that the club selects the athlete to participate in

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 Cross Country 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 sells one book of raffle tickets (10 tickets per book).

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 hosted events.

FUNDRAISING COMMITMENT CHEQUE

Upon registering with the club, each family must bring a \$100 Fundraising Commitment cheque to the Team Manager. The cheque must be post-dated for August 31, 2018. This cheque serves as a commitment to participate in the club's fundraiser.

The cheque is returned in September, 2018 if the family fulfils their fundraising responsibility. The post-dated cheque will be cashed by the club if the member does not fulfill their fundraising responsibility.

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. Write OPT OUT on the memo line.

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. Select the "OTHER METHODS" link on the payment page and then the "ON-SITE" option if you are not paying by credit card.

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