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## COMPLETE SKILLS TRAINING GROUP INFORMATION PAGE

The Complete Skills Training Group is ideal for athletes who want to train without having the pressure of competitions. Athletes who want to try the workouts before they decide to commit fully to the Elementary, High School, or Adult teams should select this program. There is only a three month commitment needed for this program and the \$175 price tag makes this program a good choice if the athlete is not yet fully committed to training or competing.

The Complete Skills Training Group consists of athletes who are 6 years old and older. Flying Angels has training groups for children (6-14 years old), youth (15-19 years old), and adults (20 years and older).

### **PREREQUISITE TO JOIN**

There are no prerequisites to join the Complete Skills Training Group. 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 2-3 days 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 may choose to specialize in sprints, hurdles, distance, jumps, or throws, although we prefer that the athletes try their hand at learning different events. Training groups may have up to 20 athletes working together at any given practice.

### **COMPETITIONS**

There are no competitions available to those who select the Complete Skills Training Group.

### **TRAINING LOCATIONS**

Flying Angels Track & Field Academy has training locations in Brampton, Durham, Etobicoke, Markham, Mississauga, North York, Scarborough and Toronto during the spring, summer, and fall months.

The team moves to one of the indoor training facilities in Toronto, North York, Scarborough, or Durham during the winter months (October through April). The team usually returns outdoor when the weather permits.

See the accompanying page for location addresses and training schedules.

### **FACILITY FEE**

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

The indoor training facilities in Durham, Toronto, Scarborough, and North York all require a facility fee to access.

The outdoor training facilities in Durham, Brampton, and North York require a facility fee. Facility fees are paid in addition to the regular membership fee.

## **PROGRAM START & END DATES**

Athletes in the Flying Angels Primary Team program train year-round, although athletes are not required to commit for the entire year to join the program. New members may join the team and start at any time. Simply select the membership type (3 months, 6 months or 12 months) to get started.

## **MEMBERSHIP PRICES**

- 3 month membership - \$175
- 6 month membership - \$300
- 12 month membership - \$500

## **FAMILY DISCOUNT**

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

- 3 months / 6 months / 12 months of coaching instruction by our team of coaches

### **Additional Fees are required for:**

- Team Uniform Kit
- Facility fee (where required)

## **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.

## **TEAM UNIFORM KIT**

Each new member must purchase a Team uniform kit. The Complete Skills Uniform Kit consists of the following:

### **Complete Skills Uniform Kit**

- Hooded Sweat top
- Sweat Pants
- Dri-fit Performance Top
- T-shirt

**Training Kit Price - \$125**

## **FUNDRAISING COMMITMENT**

Fundraising activities are optional for the athletes in the Complete Skills Training program.

## **VOLUNTEER COMMITMENT**

Volunteering duties are optional for the athletes in the Complete Skills Training program.

## **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](http://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.

**THERE IS NO REFUND PERMITTED AFTER REGISTRATION HAS BEEN PAID.**

**To complete the registration process, athletes must**

- 1) Complete online registration form
- 2) Purchase uniform kit
- 3) Pay online or bring payment to team manager at first training session
- 4) Bring post-dated Fundraising/Volunteer Deposit Cheque to team manager

**PRACTICE OBSERVATION**

Potential members may “Try-a-session” before they commit to joining the club. Each session the athlete participates in is \$25. The \$25 fee must be paid at the beginning of each session. The \$25 session fee is NOT deducted from the regular membership fee if the athlete decides to join the program

Potential members may also choose to observe practices before making a decision to join the club. Prospects who are observing a session may not participate in the training sessions until they register with the club. There is no charge to observe a practice session. Coaches and Team Managers are available after practice sessions to answer questions pertaining the training programs.

**REFUNDS**

Procedures are put in place to give parents and athletes the opportunity to decide if this program is suitable for the prospective athlete. Please ensure your child wants to participate in this program and is committed to participating before you sign up.

**THERE IS NO REFUND (FOR WHATEVER REASON) FOR THE MEMBERSHIP OR UNIFORM ITEMS.**

**QUESTIONS & CONTACT INFORMATION**

**Email:** track@flyingangels.ca

**Phone:** (647) 710-7426