



HIGH SCHOOL TEAM INFORMATION PAGE

The High School Team consists of athletes who are 15-19 years old.

PREREQUISITE TO JOIN

There are no prerequisites to join the High School 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 three days per week at one of our training locations lead by our knowledgeable coaches. The training sessions usually lasts between 90 minutes and 2 hours 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

The High School Team competes in track meets throughout Ontario. The team competes in the following associations - Athletics Ontario (AO), Amateur Athletics Union (AAU), and the Ontario Youth Athletics Association (OYAA).

Athletes who have attained the established standards may compete at the AO Ontario Provincial Championships and/or the Canadian National Championships. Athletes may also participate in the Flying Angels North American and Caribbean Tour, where they compete against athletes from throughout the United States and the Caribbean.

While we train year-round, club competitions usually take place during January through March (Indoor Meets) and May through August (Outdoor Meets). Athletes compete in approximately four track meets during the indoor season and another five track meets during the outdoor season. The athlete's coach determines the athlete's readiness to compete in a track meet and works with the athlete to determine which meets are suitable for the athlete to participate in.

NORTH AMERICAN & CARIBBEAN TOUR

Flying Angels athletes also compete in selected meets in the United States and the Caribbean. The team has competed in Jamaica, Bahamas, Bermuda, and Barbados on the Caribbean leg of the tour. They have also competed in Washington DC, New York City, Boston, Miami, and Philadelphia on the United States stops on the tour. Athletes will get a tour schedule each year. Participation in the tour is optional and athletes may selected any of the tour stops to take part in.

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 High School 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 any time. Simply select the membership type and get started.

MEMBERSHIP PRICES

- 6 month membership - \$350
- 12 month membership - \$650

WHAT MY MEMBERSHIP FEE COVERS

Membership fees cover:

- 6 months / 12 months of coaching by our coaches
- Registration with Governing Association (AO, AAU, and/or OYAA as club decides is appropriate)
- Entry fees into all meets that the club selects athlete to participate in
- Marketing to universities and workshops to assist program participants in getting a college scholarship

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.

TEAM UNIFORM KITS

Each new member must purchase a Team uniform kit. Participants have two kits to choose from.

Team Uniform Kit - Option #1

- Tracksuit
- Hooded Sweat top
- Sweat Pants
- Racing speedsuit
- Dri-fit Performance Top
- T-shirt

Kit #1 Price - \$325

Team Uniform Kit - Option #2

- Tracksuit
- Hooded Sweat top
- Sweat Pants
- Racing Jersey
- Racing Shorts
- Dri-fit Performance Top
- T-shirt

Kit #2 Price - \$275

FUNDRAISING COMMITMENT

Each member is required to successfully complete the club's fundraising initiatives. The fundraiser consists of selling a book of 10 raffle tickets each calendar year.

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

Athletes must bring a \$100 Fundraising and Volunteer commitment cheque to the Team Manager at the time of registration (one per calendar year). The cheque must be post-dated for end of the registration period (6 or 12 months). This cheque serves as a commitment to participate in the club's fundraiser and perform volunteering activities.

The cheque is returned at the end of the registration period if the family fulfils both 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 (one per calendar year). The Opt-out cheque must have a current date and will be cashed when received. The family is not reimbursed if they change their mind and decide to do the fundraiser and perform volunteer duties after the cheque has been cashed.

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.

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

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426