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## 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 dinner and get a chance to meet a Canadian Olympian. They may also qualify to compete in the Flying Angels Track & Field Festival and/or travel to compete in a track meet in Philadelphia, Pennsylvania.

### **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.

### **TRAINING SESSION**

The team members attend group training sessions one evening per week. The sessions are led 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 Track & Field League series track meets.

Summer League Team athletes may also qualify to compete at the Flying Angels International Track & Field Festival against other athletes from the Caribbean and the United States. Athletes in this program may 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 11 and end during the last week of August.

### **COMPETITION SCHEDULE**

July 7-8	Flying Angels International Track and Field Festival
July 19-23	Travel to Philadelphia track meet

The local track meet dates will be confirmed by June 1, 2018.

## **PROGRAM PRICE**

- Summer only membership - \$150

## **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:**

- 12 weeks of group coaching instruction and/or mentoring by our team of coaches
- Registration with Governing Association (Ontario Track & Field League)
- Entry fees into all meets that the club selects the athlete to participate in (OTFL and U.S.A. meets)

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

- Team Uniform Kit
- 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**

## **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, 2018. 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 fulfills 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 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](mailto: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.

**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

### **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 are no refunds for membership fees or uniforms.

### **QUESTIONS & CONTACT INFORMATION**

**Email:** [track@flyingangels.ca](mailto:track@flyingangels.ca)

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