



TRAINING ONLY GROUP INFORMATION PAGE

The Training Only 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 Recreational or All Star programs should select this program. There is only a three-month commitment needed for this program and the \$175 price tag for this program makes it a good choice if the athlete is not yet fully committed to training and competing.

TRAINING LOCATIONS

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

The club has indoor training locations in Toronto, North York, Scarborough, and Durham during the winter months (November – March).

Visit the “LOCATIONS” page on our website for location address and training schedule.

COMPETITIONS

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

PROGRAM START DATES & END DATES

	START DATE (WEEK OF)	END DATE
Fall session	September 12	November 26
Winter session	December 5	February 25
Spring session	March 6	May 27
Summer session	June 5	August 26

PRICE - \$175

UNIFORM KIT

Each new member must purchase the Training Only uniform kit.

The Training Only Uniform Kit contains the following:

- Hooded Sweat top
- Sweat Pants
- Drifit Performance Top
- T-shirt

Kit price - \$125

OPTIONAL ITEMS FOR PURCHASE

Members may purchase the following items. These items are optional and are not mandatory to participate in the program:

Tracksuit - \$100

Speedsuit	- \$100
Competition Jersey	- \$25
Competition shorts	- \$25
Duffle Bag	- \$45
Back Pack	- \$45
Golf Shirt	- \$45

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 require a facility fee.

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.

FUNDRAISING COMMITMENT

Athletes in the Training Only Group are exempt from participating in the club's fundraiser each year.

VOLUNTEER COMMITMENT

Athletes in the Training Only Group are exempt from performing volunteer duties with the club.

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

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.

FREQUENTLY ASKED QUESTIONS (FAQ)

Q - Do I have to purchase the full uniform kit?

A - All new athletes must purchase the kit. Returning athletes may purchase the items missing from their kit

Q - Can I still join after the program has already started?

A – Yes. However, there is no pro-rated price. You must pay the full program price.

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426