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## 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](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.

## **QUESTIONS & CONTACT INFORMATION**

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

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