



FLYING ANGELS COMPETITIVE TEAM INFORMATION PAGE

The Flying Angels Competitive Team features athletes of different skills levels and experience.

The **Elementary** group consists of athletes who are 6-14 years old (born 2005-2013), The **High School** group is made up of athletes 15-19 years old (born 2004-2000), and the **Adult** group has athletes who are 20 years and older (born 1999 and older).

TRAINING SESSIONS

The team members participate in group training sessions 2-3 days per week. The 90-minute sessions include a warm up, speed & endurance training, strength, core, and flexibility exercises. The athletes receive training in sprints, hurdles, distance, jumps, and/or throws at most of the locations. There are usually 12-20 athletes in each training group.

COMPETITIONS

The Competitive Team competes in cross country meets, indoor track meets, and outdoor track meets. The team competes throughout Ontario and travels to competitions in the United States and the Caribbean. There are optional trips planned for Bahamas, Jamaica, Orlando, Washington DC, New York, Detroit, and Delaware in 2019.

Athletes who attain the standards set by the club may be selected to compete at the Ontario Provincial Championships and/or the Canadian National Championships.

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 months. The team moves to one of the indoor training facilities in Toronto, North York, or Durham during the winter months (November 1 through April 30). The team usually returns to one of the outdoor locations in May.

See the accompanying page for location addresses and training schedules.

PROGRAM START & END DATES

Flying Angels athletes usually train year-round, although athletes are not required to commit for the entire year to join the team. New members may start at any time.

SESSION	START DATE (week of)	END DATE
Cross Country	September 10, 2018	November 2, 2018
Full Year	September 10, 2018	August 31, 2019
Fall & Winter	September 10, 2018	March 15, 2019
Winter & Spring	December 3, 2018	May 31, 2019
Spring & Summer	April 1, 2019	August 31, 2019
Summer & Fall	June 3, 2019	October 25, 2019

TEAM UNIFORM KIT

Each new member must purchase a team uniform kit before beginning training with the club. Athletes must wear the club uniform to practices and competitions.

Competitive Team Uniform Kit:

- Hooded sweat top
- Sweat pants
- Tracksuit jacket
- Tracksuit pants
- Racing speedsuit
- DriFit performance top
- T-shirt

Price \$325

Cross Country Team Uniform Kit

- Hooded sweat top
- Sweat pants
- Racing jersey
- Racing shorts
- T-shirt

Price \$150

FUNDRAISING COMMITMENT

Each member is required to successfully participate in the club's Fundraising Campaign. Members may opt out from participating in the fundraiser by providing the Team Manager with a cheque for \$100.

VOLUNTEERING WITH THE CLUB

Each member (or their representative) is required to perform volunteer duties with the club. Members may opt out from volunteering by providing the Team Manager with a cheque for \$100.

PRACTICE OBSERVATION

Potential members may "Try-a-session" for \$25 each session before they commit to joining the club.

MEMBERSHIP PRICES

Full Year registration	\$675
Cross Country only	\$175

OPTION 1

Fall & Winter session	\$350
Spring & Summer session	\$350

OPTION 2

Winter & Spring session	\$350
Summer & Fall Session	\$350

FACILITY FEE

Athletes must pay a fee to enter the training facilities (where required). Facility fees are paid in addition to the regular membership fee. See the Training Locations page for more information on facility fees.

FAMILY DISCOUNT

Those who register more than one family member in the program at the same time receive a discount of \$25 per person. Enter the Promo Code: **FAMILY** when completing the online form to receive the discount.

FINANCIAL AID

Financial aid is available to those who qualify. Payment plans in the form of post-dated cheques are also accepted. Please see the Team Handbook for more information about the Financial Aid.

WHAT YOUR MEMBERSHIP FEE COVERS

Membership fees cover:

- Coaching instruction
- Registration with Governing Association (Minor Track Association, Athletics Ontario, Amateur Athletics Association, and/or Ontario Track & Field League)
- 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)

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 E-Transfer to 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 paying by cash, cheque, or E=Transfer.

Registration and payment must be completed before the athlete begins practicing with the team.

To complete the registration process, athletes must

- 1) Read the Team Handbook
- 2) Complete online registration form
- 3) Purchase uniform kit
- 4) Pay online or bring payment to team manager at first training session

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426