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## FLYING ANGELS COMPLETE SKILLS TRAINING GROUP INFORMATION PAGE

The Flying Angels Complete Skills Training group features athletes of different skills levels and experience training alongside athletes in the Competitive Team program. The athletes in this program do not represent the club in track meets.

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 includes 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.

### NO COMPETITIONS

The athletes in this program do not participate in competitions.

### 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 (approximately 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 DATES, END DATES & PRICES

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	PRICE
Full Year	September 10, 2018	August 30, 2019	\$550
<b>MULTI-SEASON OPTION 1</b>			
Fall & Winter	September 10, 2018	February 28, 2019	\$325
Spring & Summer	March 4, 2019	August 30, 2019	\$325
<b>MULTI-SEASON OPTION 2</b>			
Winter & Spring	December 3, 2018	May 31, 2019	\$325
Summer & Fall	June 3, 2019	November 29, 2019	\$325

## **SINGLE-SEASON OPTIONS**

Fall only	September 10, 2018	November 30, 2018	\$175
Winter only	December 3, 2018	February 28, 2019	\$175
Spring only	March 4, 2019	May 31, 2019	\$175
Summer only	June 3, 2019	August 30, 2019	\$175

## **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.

### **Complete Skills Training Only Uniform Kit:**

- Hooded sweat top
- Sweat pants
- Drifit top
- T-shirt

Price \$135

## **PRACTICE OBSERVATION**

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

## **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.

## **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 E-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 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](mailto:track@flyingangels.ca)

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