



**IMPROVE YOUR SKILLS
AND HAVE SERIOUS FUN**

**JULY 15
to
AUGUST 9**

FLYING ANGELS TRACK & FIELD CAMPS

At **Flying Angels Track & Field Camps** you will become a better, faster, and a smarter athlete. You'll leave camp with increased knowledge of speed, new friends, and an enhanced love for the sport!

You will get:

- Training from Ontario's best coaches
- Training using the latest speed techniques
- Increased self-confidence
- New friendships
- Flying Angels t-shirt and camp prizes

"This camp is for athletes in all sports looking to increase their speed and athleticism"

FLYING ANGELS

TRACK & FIELD CAMPS

The 2019 Flying Angels Track & Field Camp offers a knowledgeable coaching staff for all speed and athletic training. Daily sessions include dynamic training, drills and technique, plyometrics, goalsetting, nutrition, and much more. Video analysis is used to teach campers about proper running technique.

Join us for our action-packed sessions!

HIGHLIGHTS INCLUDE

- Camp is open to ages 5-14 years old
- Specific training programs for every skill level
- Post-camp goal setting and camp certificate
- Track & field skills development in the morning sessions
- Multi-sport athletic skills development
- Excursions and track meets!

WHAT TO BRING

Each camper should wear comfortable workout clothing for each session such as shorts, t-shirt, and running shoes. Additionally, campers should bring a hat and sunscreen.

SAMPLE DAILY SCHEDULE

9:00 Track instructional session

12:00 Lunch

1:00 Multi-sport activities

4:00 Dismissal

* Early arrival and late dismissal is available for an additional fee

Weekly Rate - \$250

* Register for multiple weeks and get \$50 off

* Call for family discounts and daily drop-in rates

****REGISTER HERE****

**FIND
YOUR
CAMP
BELOW:**

MISSISSAUGA

945 Bloor St,
Mississauga, ON
L4Y 2M8

NORTH YORK

231 Ian MacDonald
Blvd, North York, ON
M7A 2C5

DURHAM

1020 Dryden Blvd,
Whitby, ON
L1R 2A2

SCARBOROUGH

75 Brichmount Rd,
Scarborough, ON
M1N 3J7

CONTACT US

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