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## COMPETITIVE TEAM PROGRAM

The Flying Angels **Competitive Team** program provides the best training environment to prepare athletes to compete at high-level local, national, and international track meets. Athletes in this program have an option to travel to a track meets throughout Canada, the United States, and/or the Caribbean.

### Training Sessions

The team members participate in group training sessions 2-3 days per week. The athletes receive training in sprints, hurdles, distance, jumps, or throws at most of the locations.

### Competitions & Travel Meets

Participants compete in local, national, and international track meets. Athletes who attain the performance standards also compete in the Provincial and National Championships. Participants travel to competitions throughout Canada, the United States, and the Caribbean. Athletes travel with the team or with their parents and stay at the team hotel for each trip. There is an additional cost for the trips and it is optional for each athlete to attend.

### Uniform

Participants must purchase the Competitive Team uniform kit. The kit contains a racing speedsuit (or racing jersey and racing shorts), tracksuit, sweat top, sweat pants, performance warm up top, and t-shirt. ***The kit price is \$325***

Athletes are required to wear their uniform to practices and track meets. The training items include the t-shirt (or performance warm up), sweat top and sweat pants. The items that must be worn to competitions include the tracksuit, performance top, and speedsuit.

### Fundraising Requirement & Registration Discount

Participants who successfully participate in the club's raffle fundraiser receive a \$100 discount off the registration fee. Participants must sell a book of 10 raffle tickets to successfully complete the fundraiser. Bring a fundraising deposit cheque, post-dated for whichever date comes first after the member's registration date (November 30, February 28, May 31, or August 31) and give it to the team manager at the first practice. The cheque is returned at the end of the season if the athlete completes their fundraising duty by the date on the cheque. The raffle draws take place on the dates above. Use the promo code: RAFFLE when completing the online registration form to receive the \$100 discount.

### Volunteer Requirements

All Flying Angels members are required to have someone, such as a family member or friend volunteer for them at two Flying Angels track meets/events or serve on a committee. Other duties are available from time to time that the volunteer may perform. The Volunteer Coordinator will email a list a volunteer duties that members can sign up for.

### Program Dates

- Fall & Winter Season                      September 9 to March 28, 2020
- Winter & Spring Season                    December 2 to May 30, 2020
- Spring & Summer Season                April 1 to August 28, 2020
- Summer & Fall Season                    June 1 to November 28, 2020

### **Mid-season Registration**

Athletes may register and begin training before the start of the up-coming season. There is a \$75 charge for each additional month of training. For example, if an athlete registers for the Spring & Summer session, but would like to begin training in February. The athlete completes the Spring & Summer season registration and selects the 2 months additional purchase option on the registration page. The athlete would be required to pay the registration fee (\$475) plus the two-month additional purchase (\$150) for a total of \$625.

### **Program Price**

- Fall & Winter // Winter & Spring // Spring & Summer // Summer & Fall seasons \$475
- Full year (12 months) \$850

### **Facility Fees**

Each location has a facility fee that must be paid in addition to the membership fee by each athlete. Review the training location information to see the facility fee for each location.

**[\\*\\*REGISTER HERE\\*\\*](#)**

## 2019-2020 COMPETITIVE TEAM TRAINING LOCATIONS, DAYS & TIMES

### BRAMPTON TEAM

#### FALL SEASON

##### OUTDOOR SITE

Chinguacousy Park

9050 Bramalea Road

September 10 to October 17, 2019

Tuesday & Thursday @ 6 – 7:30 pm

##### INDOOR SITE

###### Elementary Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

October 22 to November 28, 2019

Tuesday & Thursday @ 6:30 – 8 pm

###### High School Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

October 21 to November 29, 2019

Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### WINTER SEASON

###### Elementary Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

December 3 to March 26, 2020

Tuesday & Thursday @ 6:30 – 8 pm

###### High School Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

December 2 to March 27, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at David Suzuki.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

## BRAMPTON TEAM (Continued)

### SPRING SEASON

#### INDOOR SITE

##### Elementary Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

April 7 to April 30, 2020

Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

March 2 to May 1, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### OUTDOOR SITE

David Suzuki Secondary School

45 Daviselm Drive, Brampton

May 5 to May 28, 2020

Tuesday & Thursday @ 6:30 – 8 pm

### SUMMER SEASON

David Suzuki Secondary School

45 Daviselm Drive, Brampton

June 2 to August 27, 2020

Tuesday & Thursday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at David Suzuki.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

## 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

### DURHAM TEAM

#### FALL SEASON

##### OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby  
September 10 to October 19, 2019  
Tuesday & Thursday @ 6 – 7:30 pm; Saturday @ 10:30 - Noon

##### INDOOR SITE

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
October 22 to November 30, 2019  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

#### WINTER SEASON

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
December 3 to March 31, 2020  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

#### SPRING SEASON

##### INDOOR SITE

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
April 7 to May 2, 2020  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

##### OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby, L1R 2A2  
May 5 to May 30, 2020  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

#### SUMMER SEASON

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby  
June 2 to August 29, 2020  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

#### Note:

- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex*
- *There is a \$75 annual facility fee to use the track at Father Leo Austin*

## 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

### ETOBICOKE TEAM

#### FALL SEASON

##### OUTDOOR SITE

###### Option 1

Esther Lorrie Park  
50 West Humber Boulevard, Etobicoke  
September 10 to October 17, 2019  
Tuesday & Thursday @ 6 – 7:30 pm

###### Option 2

Centennial Park  
256 Centennial Park Rd, Etobicoke  
September 10 to October 17, 2019  
Tuesday & Thursday @ 6 - 7:30 pm

##### INDOOR SITE

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
October 22 to November 28, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

#### WINTER SEASON

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 3 to March 26, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### SPRING SEASON

##### INDOOR SITE

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
April 7 to April 30, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### OUTDOOR SITE

Father Henry Carr CSS  
1760 Martin Grove Rd, Etobicoke  
May 5 to May 28, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### SUMMER SEASON

Father Henry Carr CSS  
1760 Martin Grove Rd, Etobicoke  
June 2 to August 27, 2020  
Tuesday & Thursday 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at Father Henry Carr*

# 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

## MARKHAM TEAM

### FALL SEASON

#### OUTDOOR SITE

Milliken Mills Park  
4277 14th Avenue, Markham  
September 9 to October 18, 2019  
Monday, Wednesday & Friday @ 6 – 7:30 pm

#### INDOOR SITE

##### Option 1

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
October 22 to November 30, 2019  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

##### Option 2

##### Elementary Team

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
October 22 to November 28, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard (North York)  
October 21 to November 29, 2019  
Monday, Wednesday @ Friday @ 6:30 – 8 pm

### WINTER SEASON

##### Option 1

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
December 3 to March 26, 2020  
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

##### Option 2

##### Elementary Team

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 3 to March 26, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Team

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 2 to March 27, 2020  
Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm*

## MARKHAM TEAM (Continued)

### SPRING SEASON

#### INDOOR SITE

##### Option 1

Oshawa Civic Recreation Complex

99 Thornton Road South, Oshawa

April 7 to May 2, 2020

Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

##### Option 2

##### Elementary Team

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard, North York

April 7 to April 30, 2020

Tuesday & Thursday @ 6:30 – 8 pm

##### High School Team

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard, North York

April 6 to May 1, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### OUTDOOR SITE

Bill Crothers Secondary School

44 Main Street, Unionville

May 4 to May 29, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

### SUMMER SEASON

Bill Crothers Secondary School

44 Main Street, Unionville, L3R 2E4

June 1 to August 28, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm*



## 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

### MISSISSAUGA TEAM

#### FALL SEASON

##### OUTDOOR SITE

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
September 10 to October 18, 2019  
Tuesday, Thursday & Friday @ 6:30 – 8 pm

##### INDOOR SITE

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
October 22 to November 29, 2019  
Tuesday, Thursday & Friday @ 6:30 – 8 pm

#### WINTER SEASON

##### INDOOR SITE #1

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 3 to December 24, 2020  
Tuesday, Thursday & Friday @ 6:30 – 8 pm

##### INDOOR SITE #2

Mississauga Stadium  
560 Courtney Park Drive West, Mississauga  
January 7 to March 28, 2020  
Tuesday and Thursday @ 6:30 – 8 pm; Saturday @ 5:30 – 7 pm

#### SPRING SEASON

##### INDOOR SITE

Mississauga Stadium  
560 Courtney Park Drive West, Mississauga  
April 6 to May 2, 2020  
Tuesday and Thursday @ 6:30 – 8 pm; Saturday @ 5:30 – 7 pm

##### OUTDOOR SITE

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
May 5 to May 29, 2020  
Tuesday and Thursday @ 6:30 – 8 pm; Saturday @ 5:30 – 7 pm

#### SUMMER SEASON

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
June 2 to August 28, 2020  
Tuesday and Thursday @ 6:30 – 8 pm; Saturday @ 5:30 – 7 pm

#### Note:

- There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre
- There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre
- There is a \$175 annual facility fee to use the track at Mississauga Stadium

# 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

## NORTH YORK TEAM

### FALL SEASON

#### OUTDOOR SITE

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
September 10 to October 17, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Earl Bales Park  
4169 Bathurst Street, North York  
September 9 to October 18, 2019  
Monday, Wednesday & Friday @ 6 – 7:30 pm

#### INDOOR SITE

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
October 22 to November 28, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard (North York)  
October 21 to November 29, 2019  
Monday, Wednesday @ Friday @ 6:30 – 8 pm

### WINTER SEASON

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 3 to March 26, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 2 to March 27, 2020  
Monday, Wednesday & Friday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm*

## NORTH YORK TEAM (Continued)

### SPRING SEASON

#### INDOOR SITE

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
April 7 to April 30, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
April 6 to May 1, 2020  
Monday, Wednesday & Friday @ 6:30 – 8 pm

#### OUTDOOR SITE

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
May 5 to May 28, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
May 4 to May 29, 2020  
Monday, Wednesday & Friday @ 6:30 – 8 pm

### SUMMER SEASON

##### Elementary Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

##### High School Group

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
June 1 to August 28, 2020  
Monday, Wednesday & Friday @ 6:30 – 8 pm

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm*

## 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

### SCARBOROUGH TEAM

#### FALL SEASON

##### OUTDOOR SITE

###### Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

September 9 to October 30, 2019

Monday & Wednesday @ 6 – 7:30 pm

###### High School Group

Birchmount Park

93 Birchmount Road, Scarborough

September 9 to November 2, 2019

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

##### INDOOR SITE

###### Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

November 4 to November 28, 2019

Monday, Wednesday & Thursday @ 6:30 – 8 pm

###### High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

November 5 to November 30, 2019

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

#### WINTER SEASON

###### Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

December 2 to March 26, 2020

Monday, Wednesday & Thursday @ 6:30 – 8 pm

###### High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

December 3 to March 28, 2020

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

#### Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

## SCARBOROUGH TEAM (Continued)

### SPRING SEASON

#### INDOOR SITE

##### Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

April 6 to April 30, 2020

Monday, Wednesday & Thursday @ 6:30 – 8 pm

##### High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

April 7 to April 30, 2020

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

#### OUTDOOR SITE

##### Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

May 4 to May 27, 2020

Monday & Wednesday @ 6 – 7:30 pm

##### High School Group

Birchmount Park

93 Birchmount Road, Scarborough

May 4 to May 30, 2020

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

### SUMMER SEASON

##### Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

June 1 to August 26, 2020

Monday & Wednesday @ 6 – 7:30 pm

##### High School Group

Birchmount Park

93 Birchmount Road, Scarborough

June 1 to August 29, 2020

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

#### Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

## 2019-2020 COMPETITIVE TEAM TRAINING ONLY LOCATIONS, DAYS & TIMES

### TORONTO TEAM

#### FALL SEASON

##### OUTDOOR SITE

###### Option 1

Riverdale Park East  
550 Broadview Avenue, Toronto  
September 9 to October 31, 2019  
Monday, Wednesday & Thursday @ 6 – 7:30 pm

###### Option 2

Central Tech Stadium  
725 Bathurst Street, Toronto  
September 9 to October 30, 2019  
Monday & Wednesday @ 6:30 – 8 pm

##### INDOOR LOCATION

Monarch Park Stadium  
1 Parkmount Road, Toronto  
November 4 to November 28, 2019  
Monday, Wednesday & Thursday @ 6:30 – 8 pm

#### WINTER SEASON

Monarch Park Stadium  
1 Parkmount Road, Toronto  
December 2 to March 26, 2020  
Monday, Wednesday & Thursday @ 6:30 – 8 pm

#### Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

## TORONTO TEAM (Continued)

### SPRING SEASON

#### INDOOR LOCATION

Monarch Park Stadium  
1 Parkmount Road, Toronto  
April 6 to April 30, 2020  
Monday, Wednesday & Thursday @ 6:30 – 8 pm

#### OUTDOOR SITE

##### Option 1

Monarch Park Stadium  
1 Parkmount Road, Toronto  
May 4 to May 28, 2020  
Monday, Wednesday & Thursday @ 6:30 – 8 pm

##### Option 2

Central Tech Stadium  
725 Bathurst Street, Toronto  
May 4 to May 27, 2020  
Monday & Wednesday @ 6:30 – 8 pm

### SUMMER SEASON

##### Option 1

Monarch Park Stadium  
1 Parkmount Road, Toronto  
June 1 to August 27, 2020  
Monday, Wednesday & Thursday @ 6:30 – 8 pm

##### Option 2

Central Tech Stadium  
725 Bathurst Street, Toronto  
June 1 to August 26, 2020  
Monday & Wednesday @ 6:30 – 8 pm

#### Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*