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## HOUSE LEAGUE TEAM PROGRAM

The Flying Angels **House League** program is a 12-week program that introduces athletes ages 6-14 years old to basic training exercises involved in track and field. The program is ideal for kids who have little or no experience. Participants attend two group training sessions each week and compete in a series of small track meets to test their running, jumping, and throwing skills.

### Training Sessions

The training sessions last 90 minutes and consists of a group warm up, speed training, endurance, strength, and core work. The athletes in this program get a chance to learn running, jumping, and throwing events.

### Competition

Participants compete in a series of small track meets to test their running, jumping, and throwing skills.

### Uniform

First-time participants are required to purchase the House League uniform kit. The kit contains a sweat top, sweat pants, racing jersey, racing shorts, and a t-shirt. ***The uniform kit price is \$140***

Athletes are required to wear their uniform to practices and track meets. The training items include the t-shirt, sweat top and sweat pants. The items that must be worn to competitions include the sweat top, sweat pants, racing jersey, and racing shorts. Athletes may wear black leggings or purchase a team tracksuit to wear to practices or track meets.

### 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

#### ONE SEASON ONLY REGISTRATIONS

- |                 |                                  |
|-----------------|----------------------------------|
| ➤ Fall Season   | September 9 to November 30, 2019 |
| ➤ Winter Season | December 2 to February 28, 2020  |
| ➤ Spring Season | March 2 to May 30, 2020          |
| ➤ Summer Season | June 8 to August 28, 2020        |

TWO SEASON REGISTRATIONS

- Fall & Winter Season                      September 9 to February 28, 2020
- Winter & Spring Season                      December 2 to May 30, 2020
- Spring & Summer Season                      March 2 to August 28, 2020
- Summer & Fall Season                      June 8 to November 27, 2020

**Program Price**

- Fall season only / Winter season only / Spring season only / Summer season only                      \$250
- Fall & Winter // Winter & Spring // Spring & Summer // Summer & Fall seasons                      \$400
- Full year (12 months)                      \$700

**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 HOUSE LEAGUE 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

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 February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SPRING SEASON

#### INDOOR SITE

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard (North York)  
March 3 to April 30, 2020  
Tuesday & Thursday @ 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

#### GROUP #1 – BRAMPTON WEST

David Suzuki Secondary School  
45 Daviselm Drive, Brampton  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### GROUP #2 – BRAMPTON EAST

Brampton Centennial Secondary School  
251 McMurphy Avenue  
June 1 to August 26, 2020  
Monday & Wednesday @ 6:30 – 8 pm

#### **Note:**

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at David Suzuki.*

# 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

## DURHAM TEAM

### FALL SEASON

#### OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby  
September 10 to October 17, 2019  
Tuesday & Thursday @ 6 – 7:30 pm

#### INDOOR SITE

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
October 22 to November 28, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

### WINTER SEASON

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
December 3 to February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SPRING SEASON

#### INDOOR SITE

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
March 3 to April 30, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby, L1R 2A2  
May 5 to May 28, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SUMMER SEASON

#### GROUP #1 – DURHAM CENTRAL

Father Leo J. Austin Catholic Secondary School  
1020 Dryden Boulevard, Whitby  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### GROUP #2 – DURHAM WEST

- **TBA**

#### **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 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

### ETOBICOKE / CITY OF YORK TEAM

#### FALL SEASON

##### OUTDOOR SITE - GROUP #1

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

##### OUTDOOR SITE - GROUP #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 February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### SPRING SEASON

##### INDOOR SITE

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
March 3 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

##### GROUP #1 – ETOBICOKE NORTH

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

##### GROUP #2 – YORK SOUTH

Earlscourt Park  
(behind Joseph J. Piccininni C. C.)  
1369 St, Clair Avenue West, City of York  
June 1 to August 26, 2020  
Monday & Wednesday 6:30 – 8 pm

#### Note:

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

# 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

## YORK REGION TEAM

### FALL SEASON

#### OUTDOOR SITE

Milliken Mills Park  
4277 14th Avenue, Markham  
September 9 to October 16, 2019  
Monday & Wednesday @ 6 – 7:30 pm

#### INDOOR SITE - GROUP #1

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
October 22 to November 28, 2019  
Tuesday & Thursday @ 6:30 – 8 pm

#### INDOOR SITE - GROUP #2

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

#### GROUP #1

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
December 3 to February 27, 2020  
Tuesday & Thursday @ 6:30 - 8 pm

#### GROUP #2

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
December 3 to February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SPRING SEASON

#### INDOOR SITE - GROUP #1

Oshawa Civic Recreation Complex  
99 Thornton Road South, Oshawa  
March 3 to April 30, 2020  
Tuesday & Thursday @ 6:30 - 8 pm

#### INDOOR SITE - GROUP #2

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

#### OUTDOOR SITE

Bill Crothers Secondary School  
44 Main Street, Unionville  
May 4 to May 27, 2020  
Monday & Wednesday @ 6:30 – 8 pm

### SUMMER SEASON

#### GROUP #1 - MARKHAM

Bill Crothers Secondary School  
44 Main Street, Unionville, L3R 2E4  
June 1 to August 26, 2020  
Monday & Wednesday @ 6:30–8 pm

#### GROUP #2 - AURORA

St. Maximilian Kolbe CHS  
278 Wellington St. East, Aurora  
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 \$175 annual facility fee to use the track at Oshawa Civic Complex.*

# 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

## MISSISSAUGA TEAM

### FALL SEASON

#### OUTDOOR SITE

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
September 10 to October 17, 2019  
Tuesday & Thursday @ 6:30 – 8 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

#### INDOOR SITE #1

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

#### INDOOR SITE #2

Mississauga Stadium  
560 Courtney Park Drive West, Mississauga  
January 7 to February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SPRING SEASON

#### INDOOR SITE

Mississauga Stadium  
560 Courtney Park Drive West, Mississauga  
March 3 to April 30, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### OUTDOOR SITE

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
May 5 to May 28, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

### SUMMER SEASON

#### GROUP #1 – MISSISSAUGA NORTH

St. Marcellinus Catholic Secondary School  
730 Courtney Park Drive  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### GROUP #2 – MISSISSAUGA WEST

Loyola Catholic Secondary School  
4010 Sladeview Crescent  
June 1 to August 26, 2020  
Monday & Wednesday @ 6:30 – 8 pm

#### Note:

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

## 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

### NORTH YORK TEAM

#### FALL SEASON

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
September 10 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 February 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### SPRING SEASON

Toronto Track & Field Centre at York University  
231 Ian MacDonald Boulevard, North York  
March 3 to May 28, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### SUMMER SEASON

##### GROUP #1 – NORTH YORK WEST

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

##### GROUP #2 – NORTH YORK EAST

- TBA

#### Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*



# 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

## SCARBOROUGH TEAM

### FALL SEASON

#### OUTDOOR SITE

Birchmount Park  
93 Birchmount Road, Scarborough  
September 9 to October 30, 2019  
Monday & Wednesday @ 6 – 7:30 pm

#### INDOOR SITE

Monarch Park Stadium  
1 Parkmount Road, Toronto  
November 4 to November 27, 2019  
Monday & Wednesday @ 6:30 – 8 pm

### WINTER SEASON

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

### SPRING SEASON

#### INDOOR SITE

Elementary Group  
Monarch Park Stadium  
1 Parkmount Road, Toronto  
March 2 to April 29, 2020  
Monday & Wednesday @ 6:30 – 8 pm

#### OUTDOOR SITE

Birchmount Park  
93 Birchmount Road, Scarborough  
May 4 to May 27, 2020  
Monday & Wednesday @ 6 – 7:30 pm

### SUMMER SEASON

#### Group #1 – SCARBOROUGH SOUTH

Birchmount Park  
93 Birchmount Road, Scarborough  
June 1 to August 26, 2020  
Monday & Wednesday @ 6 – 7:30 pm

#### Group #2 – SCARBOROUGH NORTH

Lester B. Pearson C.I.  
150 Tapscott Road, Scarborough  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### Note:

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

# 2019-2020 HOUSE LEAGUE TRAINING LOCATIONS, DAYS & TIMES

## TORONTO TEAM

### FALL SEASON

#### OUTDOOR SITE

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

#### INDOOR LOCATION

Monarch Park Stadium  
1 Parkmount Road, Toronto  
November 4 to November 27, 2019  
Monday & Wednesday @ 6:30 – 8 pm

### WINTER SEASON

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

### SPRING SEASON

Monarch Park Stadium  
1 Parkmount Road, Toronto  
March 2 to May 27, 2020  
Monday & Wednesday @ 6:30 – 8 pm

### SUMMER SEASON

#### Group #1 – Toronto East

Monarch Park Stadium  
1 Parkmount Road, Toronto  
June 1 to August 26, 2020  
Monday & Wednesday @ 6:30 – 8 pm

#### Group #2 – Toronto West

Central Tech Stadium  
725 Bathurst Street, Toronto  
June 2 to August 27, 2020  
Tuesday & Thursday @ 6:30 – 8 pm

#### Note:

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