HOUSE LEAGUE TEAM PROGRAM

The Flying Angels **House League** program to basic training exercises involved in track and field. The program is ideal for those 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 abilities.

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, sweatpants, racing jersey, and racing shorts.

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 a Flying Angels track meet/event 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 of volunteer duties that members can sign up for.

Program Dates

ONE SEASON ONLY REGISTRATIONS

- Fall Season — September 8 to November 29, 2020
- Winter Season — December 1 to February 28, 2021
- Spring Season — March 1 to May 30, 2021
- Summer Season — June 1 to August 29, 2021

TWO SEASON REGISTRATIONS

- Fall & Winter Season — September 8 to February 28, 2021
- Winter & Spring Season — December 1 to May 30, 2021
- Spring & Summer Season — March 1 to August 29, 2021
- Summer & Fall Season — June 1 to November 28, 2021

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*****