



TRAINING ONLY PROGRAM

The Flying Angels **Training Only** program allows athletes of all skills levels to train alongside the Competitive team athletes without having the added pressure of competing in track meets.

Training Sessions

The program 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.

Competitions

Athletes in this program do not participate in competitions.

Uniform

First-time participants are required to purchase the Training Only uniform kit. The kit contains a sweat top, sweat pants, performance warm up top, and t-shirt. ***The uniform kit price is \$125.***

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 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 // winter season // spring season // summer season \$275
- Fall & Winter // Winter & Spring // Spring & Summer // Summer & Fall seasons \$450
- Full Year (12 months) \$800

[REGISTER HERE**](#)**