



FLYING ANGELS HIGH SCHOOL TEAM INFORMATION PAGE

The High School Team consists of athletes who are 15-19 years old. The athletes in this program are born in 1999 - 2003.

PREREQUISITE TO JOIN

There are no prerequisites to join the High School Team. We welcome athletes of all skills levels and experience.

TRAINING SESSIONS

The team members train 2-3 days per week at one of our training locations led by our knowledgeable coaches. The training sessions usually lasts 90 minutes and consists of a group warm up, speed training, endurance, strength, core, and flexibility work. The athletes may choose to specialize in sprints, hurdles, distance, jumps, or throws, although we prefer that the athletes try their hand at learning different events. Training groups may have up to 20 athletes working together at any given practice.

COMPETITIONS

The Elementary Team mainly competes in track meets throughout Ontario. However, Flying Angels athletes also travel to competitions in the United States and the Caribbean.

Athletes who have attained the standards set by the club may be selected to compete at the Athletics Ontario (AO) Provincial and/or National Championships.

TRAINING LOCATIONS

Flying Angels Track Club has training locations in Brampton, Durham, Etobicoke, Markham, Mississauga, North York, Scarborough and Toronto during the spring, summer, and fall months. The team moves to one of the indoor training facilities in Toronto, North York, or Durham during the winter months (November 1 through April 30). The team usually returns outdoor in May.

See the accompanying page for location addresses and training schedules.

FACILITY FEE

Athletes must pay a fee to enter the training facilities (where required). The indoor training facilities in Durham, Toronto, and North York all require a facility fee to access.

The outdoor training facilities in Durham, Brampton, and North York require a facility fee. Facility fees are paid in addition to the regular membership fee.

PROGRAM START & END DATES

Athletes in the Flying Angels Elementary Team program train year-round, although athletes are not required to commit for the entire year to join the program. New members may start at any time. However, the seasons finish at specific times of the year.

SESSION	START DATE (week of)	END DATE
Full Season	September 1	August 31
Fall & Winter	September 1	March 31
Winter & Spring	December 1	May 31
Spring & Summer	April 1	August 31
Summer & Fall	June 1	November 30

MEMBERSHIP PRICES

Full Year	\$650
Fall & Winter session	\$350
Winter & Spring session	\$350
Spring & Summer session	\$350
Summer & Fall Session	\$350

FAMILY DISCOUNT

Parents who register more than one child in the program at the same time receive a discount of \$25 per child. Enter the promo code when completing the online registration to receive the discount:

FAMILY2018

WHAT YOUR MEMBERSHIP FEE COVERS

Membership fees cover:

- Coaching instruction by our coaches
- Registration with Governing Association (AO, AAU, and/or OTFL)
- Entry fees into all meets that the club selects the athlete to participate in

Additional Fees are required for:

- Team Uniform Kit
- Facility fee (where required)
- Travel to out-of-town meets (transportation, accommodations, and meals)

FINANCIAL AID

Financial aid is available to those who qualify. Please see the Team Handbook to get more information about the Financial Aid. Payment plans in the form of post-dated cheques are also accepted.

TEAM UNIFORM KIT

Each new member must purchase a Team uniform kit prior to beginning training with the club. Participants have two kits to choose from. Athletes must wear the club uniform to practices and competitions.

Team Uniform Kit - Option #1 (Price \$325)

- Tracksuit
- Hooded Sweat top
- Sweat Pants
- Racing speedsuit
- Dri-fit Performance Top
- T-shirt

Team Uniform Kit - Option #2 (Price \$275)

- Tracksuit
- Hooded Sweat top
- Sweat Pants
- Racing Jersey
- Racing Shorts
- Dri-fit Performance Top
- T-shirt

FUNDRAISING COMMITMENT

Each member is required to successfully complete the club's fundraiser. The fundraiser consists of selling a book of 10 raffle tickets prior to August 31.

VOLUNTEER COMMITMENT

Each member (or member's family) must be committed to perform volunteer duties with the club. Duties range from serving on a committee to assisting at Flying Angels track meets.

Fundraising & Volunteer Deposit Cheque

Each member must provide a cheque for \$100 post-dated for August 31.

This post-dated cheque serves as a commitment to successfully complete the club's fundraising and volunteering requirements.

Make cheque payable to Flying Angels Track Club and submit it to the Team Manager at the athlete's first practice.

The deposit cheque will be returned in September 2018 if the member fulfills both the volunteer assignments and fundraising responsibilities.

The deposit cheque will be cashed if the member does not successfully complete the fundraising requirement or if they do not fulfill the volunteer requirement by the end of their registration period.

OPT-OUT OPTION

Members may opt out from participating in all fundraising and volunteer activities for the duration of the year by providing a cheque to the Team Manager for the opt-out fee of **\$125**.

The cheque date must be current and made payable to Flying Angels Track Club.

The cheque will be cashed when received.

The opt-out cheque / fee is non-refundable.

Athletes are NOT allowed to participate in any competitions until the Fundraising and Volunteer deposit cheque (or the Opt-Out cheque) is received by the team manager.

PRACTICE OBSERVATION

Potential members may "Try-a-session" before they commit to joining the club. Each session the athlete participates in is \$25. The \$25 fee must be paid at the beginning of each session. The \$25 session fee is NOT deducted from the regular membership fee if the athlete decides to join the program

Potential members may also choose to observe practices before making a decision to join the club.

Prospects who are observing a session may not participate in the training sessions until they register with the club. There is no charge to observe a practice session.

Coaches and Team Managers are available after practice sessions to answer questions pertaining the training programs.

REGISTRATION

Registration is done by completing the Online Registration Form. The link to the form is found on the "Registration" page of the club website at www.flyingangels.ca. Registrants may pay online using a credit card, email an Interac bank transfer to track@flyingangels.ca, or pay on-site at the first practice by cash, cheque or money order.

Select the "OTHER METHODS" link on the payment page and then the "ON-SITE" option if you are not paying by credit card.

Registration and payment must be completed before the athlete begins practicing with the team.

THERE IS NO REFUND PERMITTED AFTER REGISTRATION HAS BEEN PAID.

To complete the registration process, athletes must

- 1) Complete online registration form
- 2) Purchase uniform kit
- 3) Pay online or bring payment to team manager at first training session
- 4) Bring post-dated Fundraising/Volunteer Deposit Cheque to team manager

REFUNDS

Procedures are put in place to give parents and athletes the opportunity to decide if this program is suitable for the prospective athlete. Please ensure your child wants to participate in this program and is committed to participating before you sign up. There are no refunds for membership fees or uniforms.

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426