



FLYING ANGELS SUMMER LEAGUE TEAM INFORMATION PAGE

The Flying Angels Summer League Team is a 12-week program that is ideal for athletes who are starting out in the sport. The program involves athletes participating in group training sessions one evening each week and competing in a series of track meets throughout the summer.

Summer League Team program members also attend an end-of-season awards dinner and get a chance to meet a Canadian Olympian. They may also qualify to compete in the Flying Angels Track & Field Festival and/or travel to compete in the United States.

PREREQUISITE TO JOIN

There are no prerequisites to join the Summer League Team. Athletes of all skill levels are encouraged to participate.

TRAINING SESSION

The team members attend group training sessions one evening per week. The sessions are 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 in this program get a chance to learn different events. Training groups may have up to 20 athletes working together at any given practice.

COMPETITIONS

The athletes in the Summer League Team program compete in selected meets throughout the Greater Toronto Area.

Summer League Team athletes may also qualify to compete at the Flying Angels Track & Field Festival against other athletes from the Caribbean and the United States. Athletes in this program may also have an opportunity to compete in Philadelphia, Pennsylvania (additional cost).

PROGRAM START DATES & FEES

The Summer League Team group training sessions begin the week of June 11 and end the week of August 27, 2018.

PROGRAM PRICE

- Summer only membership - \$150

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 MY MEMBERSHIP FEE COVERS

Membership fees cover:

- 12 weeks of group coaching instruction and/or mentoring by our team of coaches
- Entry fees into all meets that the club selects the athlete to participate in

Additional Fees are required for:

- Team Uniform Kit
- 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.

UNIFORM KIT

Each new member must purchase the Summer League Team uniform kit.

The kit contains the following:

- T-shirt
- Racing jersey
- Racing shorts
- Sweat top
- Sweat pants

Kit price - \$140

FUNDRAISING COMMITMENT

Each member is required to successfully complete the club's fundraiser. The fundraiser consists of the team raffle whereas each member must sell one book of raffle tickets (10 tickets @ \$10 each ticket).

VOLUNTEER COMMITMENT

Each member must be committed to perform volunteer duties with the club. Duties range from serving on a committee to assisting at Flying Angels events and track meets.

FUNDRAISING & VOLUNTEER COMMITMENT CHEQUE

Upon registering with the club, athletes must bring a \$100 Fundraising and Volunteer commitment cheque to the Team Manager. The cheque must be post-dated for August 31, 2018. This cheque serves as a commitment to participate in the club's fundraising and volunteering activities.

The cheque is returned at the end of the season if the family fulfils their fundraising and volunteer responsibilities. The post-dated cheque will be cashed by the club if the member does not fulfill their fundraising or volunteer responsibilities.

FUNDRAISING & VOLUNTEER COMMITMENT OPT-OUT OPTION

Members may choose to opt-out from all fundraising and volunteering duties by writing a cheque for \$125 and giving it to the team manager at the time of registration. The Opt-out cheque must have a current date and will be cashed when received.

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.

TRAINING LOCATIONS, DAYS & TIMES

BRAMPTON

Location: David Suzuki Secondary School
Address: 45 Daviselm Drive, Brampton, L6X 0Z3
Day: Tuesday
Time: 6:30 pm – 8:00 pm
Start Date: June 12, 2018

DURHAM

Location: Father Leo J. Austin Catholic Secondary School
Address: 1020 Dryden Boulevard, Whitby, L1R 2A2
Day: Tuesday
Time: 6:30 pm – 8:00 pm
Start Date: June 12, 2018

ETOBICOKE

Location: Father Henry Carr CSS
Address: 1760 Martin Grove Rd, Etobicoke, M9V 3S4
Day: Thursday
Time: 6:30 pm – 8:00 pm
Start Date: June 14, 2018

MARKHAM

Location: Bill Crothers Secondary School
Address: 44 Main Street, Unionville, L3R 2E4
Day: Wednesday
Time: 6:30 pm – 8:00 pm
Start Date: June 13th, 2018

MISSISSAUGA

Location: Loyola Catholic Secondary School
Address: 4010 Sladeview Crescent, Mississauga, L5L 6B1
Day: Monday
Time: 6:30 pm – 8:00 pm
Start Date: June 11, 2018

NORTH YORK

LOCATION #1 – NORTH YORK WEST

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Tuesday
Time: 6:30 pm – 8:00 pm
Start Date: June 12th, 2018
Note: *There is a \$3.25 daily fee to use the Toronto Track & Field Centre*

LOCATION #1 – NORTH YORK EAST

Location: George S. Vanier Secondary School
Address: 3000 Don Mills Rd. E., North York, M2J 3B6
Day: Thursday
Time: 6:30 pm – 8:00 pm
Start Date: June 14th, 2018

SCARBOROUGH

LOCATION #1 – SCARBOROUGH NORTH

Location: Lester B. Pearson C.I
Address: 150 Tapscott Road, Scarborough, M1B 2L2
Day: Tuesday
Time: 6:30pm – 8:00pm
Start Date: June 12, 2018

LOCATION #2 – SCARBOROUGH SOUTH

Location #1: Birchmount Park
Address: 93 Birchmount Road, Scarborough, M1T 2M5
Day: Monday
Time: 6:00 pm – 7:30 pm
Start Date: June 11, 2018

TORONTO

LOCATION #1 – TORONTO EAST

Location: Monarch Park Stadium
Address: 1 Parkmount Road, Toronto, M4J 0A5
Program Day: Monday
Start Date: June 11, 2018
Time: 6:30 pm – 8:00 pm

LOCATION #1 – TORONTO WEST

Location: Central Tech Stadium
Address: 725 Bathurst Street, Toronto, M5S 2R5
Day: Wednesday
Start Date: June 13, 2018
Time: 6:30 pm – 8:00 pm

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426