



NON-COMPETITION TRACK & FIELD (TRAINING ONLY)

Flying Angels offers a Non-Competition Track & Field Training program that focuses on teaching essential skills to athletes who wish to improve their performance. This program is ideal for those who want to train without the added pressure of competing in club track meets. It is specifically designed for athletes who aim to perform better at school track meets or want to try the sport.

Training Sessions

The program members participate in group training sessions once or twice a week. These 90-minute sessions include a warm-up, speed and endurance training, strength development, core, and flexibility exercises. Athletes can select from a range of events to train for, including sprints, hurdles, distance running, jumps, and throws at most locations.

Competitions

Athletes in this program do not participate in competitions.

Uniform

Program participants must purchase the Training Only uniform kit. The kit includes a sweat top, sweatpants, a performance warm-up top, and a t-shirt. The cost of the uniform kit is \$125.

Program Price

1 Week	\$ 50
1 Month	\$ 150
2 Months	\$ 200
3 months	\$ 300
6 months	\$ 600
12 months	\$ 1100

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.

Training Locations, Days & Times

Select the "Locations" tab on the website to view training locations, days, and times.

Team Handbook

Make sure to review the policies and procedures of the Flying Angels Team by reading the Team Handbook.