



TRACK & FIELD PROGRAM INFORMATION PAGE

The Flying Angels Track & Field program provides an excellent platform for athletes to develop and showcase their skills in competitions. Team members typically have two to three training days per week and participate in track meets across Ontario, the USA, and the Caribbean.

Our team members take part in a variety of events, including indoor meets in the winter, outdoor meets in the spring and summer, and cross-country meets in the fall. The Flying Angels Track & Field program offers a unique opportunity for athletes to flourish and achieve their aspirations.

Training Groups

Athletes train in different age groups. There are four groups: Elementary, High School, Adult, and Masters. The Elementary group is for athletes aged 5 to 14, the High School group is for those aged 15 to 19, the Adult group is for individuals aged 20 to 29, and the Masters group is for athletes aged 30 and above.

Training Sessions

Athletes train year-round, and they only need to commit to part of the year to join the team. During training sessions at each location, athletes are taught sprinting, distance running, and at some locations, they can also receive training in hurdles, throws, and jumps.

Training Only Stream

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

House League Stream

The House League stream is tailored for new and developing track and field athletes at the beginner level. Participants attend training sessions and compete in a series of track meets hosted by the club. The program offers a fun and supportive environment for athletes to test their running, jumping, and throwing abilities. It is an ideal opportunity for those with little or no experience in track and field to learn and develop their skills.

Competitive Rep Team Stream

The Competitive Rep Team stream prepares athletes to compete at high-level track meets, both locally and internationally. The program allows athletes to participate in track meets across Canada, the United States, and the Caribbean. Athletes of all abilities are welcome to join this program, and even children as young as five years old may participate.

Competitions & Travel Meets

Athletes in the Competitive Team stream have the opportunity to take part in local, national, and international track meets. They may even qualify for the Provincial and National Championships. Competitions may require travel to different locations in Canada, the United States, and the Caribbean. Athletes have the option to travel with the team or with their parents and stay at the team hotel during each trip. It's important to note that these trips involve additional costs, and participation is entirely optional.

Training Locations

Flying Angels offers training in Toronto, Durham, Peel, Halton, and York Region. Visit the website's "Locations" tab for addresses and schedules.

Uniform

As a program member, it is compulsory to purchase the uniform kit for both practice and competitions.

Training Only Kit

The Training Only kit includes a sweat top, sweatpants, Drifit top, and a t-shirt.

- Price **\$125**

House League Kit

The House League kit includes a sweat top, sweatpants, racing jersey, and a t-shirt

- Price **\$190**

Competitive Rep Team Kit

The team uniform kit includes a sweat top, sweat pants, performance warm-up top, t-shirt, competition tracksuit, and competition speed suit.

- Price **\$325**

Volunteer Duties

Team members in the House League and Competitive Rep Team program must have a family member or supporter volunteer at two track meets unless they opt-out by purchasing the volunteer opt-out option during registration.

Program Price

- 1-month membership \$175
- 3 months membership \$350
- 6 months membership \$650
- 12 months membership \$1150

Financial Aid

At Flying Angels, we firmly believe that every child should have the opportunity to take part in sports, regardless of their family's financial circumstances. That's why we provide financial assistance to athletes who meet the criteria. To find out more about the financial aid options we offer, such as payment plans, subsidies, discounts, and athlete sponsorships, please get in touch with our team managers.

Facility Fee

Athletes are required to pay a facility fee to use the training facilities provided by Flying Angels. Please refer to the "Locations" page for pricing information.

How to register

Athletes can register at any time during the year. To become a member, athletes must complete the online registration form on our website and make the payment through a credit card or E-Transfer to track@flyingangels.ca.

Please note that registration and payment must be completed before attending the first training session. We recommend that athletes purchase a one-month or three-month membership if they wish to try out the program before committing to a longer membership.

Team Handbook

Every new member must read the Flying Angels Team Handbook to familiarize yourself with the team's policies and procedures before joining the team.

QUESTIONS & CONTACT INFORMATION

Email: track@flyingangels.ca

Phone: (647) 710-7426