



2024 HOUSE LEAGUE PROGRAM

The Flying Angels House League program is designed for new and developing track and field athletes who are at the beginner level. Participants attend one or two weekly group training sessions and compete in a series of track meets hosted by the club. The program provides 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.

Training Sessions

The training sessions are 90 minutes long and include a group warm-up, speed training, endurance, strength, and core work. Athletes in this program have the opportunity to learn the fundamental techniques involved in running, jumping, and throwing events.

Competition

Program members compete in a series of track meets in the summer hosted by the club.

Uniform

All House League participants must purchase a uniform kit containing a sweat top, sweatpants, racing jersey, racing shorts, and a t-shirt. Athletes must wear their uniform to practices and track meets. **The total cost of the uniform kit is \$140.**

Program Price

1 Month	\$ 175
2 Months	\$ 225
3 months	\$ 325
6 months	\$ 625
12 months	\$ 1125

Facility Fees

Some locations have 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 and schedules.

Team Handbook

Please read the Flying Angels Team Handbook for information about the team's policies and procedures.