



2024 COMPETITIVE REP TEAM PROGRAM

The Competitive Rep Team program offered by the Flying Angels 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 in our Elementary team.

Training Sessions

Competitive team members attend group training sessions 2-3 times a week that last between 90 minutes and 2 hours. Athletes can choose to receive training in sprints, hurdles, distance, jumps, or throws at most locations.

Competitions & Travel Meets

Athletes can participate in local, national, and international track meets. Competitors may even qualify to compete in the Provincial and National Championships. To compete, participants may need to travel to various locations in Canada, the United States, and the Caribbean. Athletes can choose to travel with the team or their parents and stay at the team hotel during each trip. Keep in mind that there is an additional cost for these trips, and participation is completely optional.

Uniform

Participants are required to purchase the Competitive Team uniform kit, which includes a racing speed suit (or racing jersey and racing shorts), tracksuit, sweat top, sweat pants, performance warm-up top, and t-shirt. The cost of the kit is \$325.

Athletes are expected to wear specific uniforms for both practices and track meets. During training, athletes must wear a t-shirt or performance warm-up, a sweatshirt, and sweatpants. Athletes must wear a tracksuit, performance top, and speed suit, or racing jersey and racing shorts during competitions.

Program Price

3 months	\$ 350
6 months	\$ 650
12 months	\$1150

Facility Fees

Each athlete may be required to pay an additional facility fee on top of the membership fee for certain locations. View the training location details to see the specific 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

Ensure you review the Flying Angels Team Handbook to familiarize yourself with the team's policies and procedures.