

# Foundation Program

Our programs build onward and upward from our Youth Programs of Run-Jump-Throw fundamentals and step it up to challenge and contribute to the improvement of the aerobic potential, nervous system, and basic physical strength qualities of child health and development. Our programs will bring up coordination, strengthen mental control, confidence, and physical capacities for the technical strengths of running fast and running long. All aspects for physical and mental success in any sport are developed and consolidated. Athletes from other sport programs will immediately see the benefits as Athletics/ Track & Field is the engine of all aspects of sport and living.

We offer programs throughout the year for the multi-sport athlete to be able to participate when their season is on a break. We also allow an annual program for athletes to be exposed to a more complete and complex annual progression of development.

We offer two themes of approach for these ages in both a session and year-round format:

- Endurance – event specificity: 800m +, focuses on building aerobic capacity through longer repetition running, general strength necessary for distance running
- Speed/Power – event specificity: 400m and lower, horizontal jumps, vertical jumps, throws; focuses on building anaerobic capacity through more focused strengthening exercises and shorter interval training

## Program Dates

**Annual Membership:** September 10<sup>th</sup> 2018 – July 25<sup>th</sup> 2019

**Fall Session:** September 10<sup>th</sup> – October 27<sup>th</sup>

**Winter I:** October 29<sup>th</sup> – December 15<sup>th</sup>

**Winter II:** January 7<sup>th</sup> – March 7<sup>th</sup>

**Spring I:** March 18<sup>th</sup> – April 20<sup>th</sup>

**Spring II:** April 29<sup>th</sup> – June 1<sup>st</sup>

**Summer:** June 3<sup>rd</sup> – July 25<sup>th</sup>

# Foundation Program

**Fall Session:** September 10<sup>th</sup> to October 27<sup>th</sup>, 2018

**Location:** Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

**Ages:** 12 – 13

**Cost:** \$200 for one session per week – Choose 1 of 4 days available  
\$300 for up to 3 sessions per week – Choose out of the 4 days available

**Two Training themes:**

- Endurance
- Speed/Power

**Days/Times:**

*Monday 6:15pm-7:45pm*

*Tuesday 6:15pm-7:45pm*

*Thursday 6:15pm-7:45pm*

*Saturday 9am-10:30am*

**Dates:**

*September*

10, 11, 13, 15

17, 18, 20, 22

24, 25, 27, 29

*October*

1, 2, 4, 6

8 [*No Practice- Thanksgiving*], 9, 11, 13 [*Capital XC Challenge*]

15, 16, 18, 20

22, 23, 25, 27

# Foundation Program

**Winter I Session:** October 29<sup>th</sup> – December 15<sup>th</sup>, 2018

**Location:** Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet  
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

**Ages:** 12 – 13

**Cost:** \$245 for one session per week – Choose 1 of 4 days available  
\$350 for up to 3 sessions per week – Choose out of the 4 days available

## **Two Training themes:**

- Endurance
- Speed/Power

## **Days/Times:**

*Monday 6:15pm-7:45pm*

*Tuesday 6:15pm-7:45pm*

*Thursday 6:15pm-7:45pm*

*Saturday 9am-10:30am*

## **Dates:**

*October*

29, 30

*November*

1, 3

5, 6, 8, 10

12, 13, 15, 17

19, 20, 22, 24

26, 27, 29

*December*

1,

3, 4, 6, 8

10, 11, 13, 15 [*Candy Cane Relays*]

# Foundation Program

**Winter II Session:** January 7th – March 7th, 2019

**Location:** Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet  
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

**Ages:** 12 – 13

**Cost:** \$320 for one session per week – Choose 1 of 4 days available  
\$480 for up to 3 sessions per week – Choose out of the 4 days available

## **Two Training themes:**

- Endurance
- Speed/Power

## **Days/Times:**

*Monday* 6:15pm-7:45pm

*Tuesday* 6:15pm-7:45pm

*Thursday* 6:15pm-7:45pm

*Saturday* 9am-10:30am

## **Dates:**

*January*

7, 8, 10, 12

14, 15, 17, 19

21, 22, 24, 26

28, 29, 31

*February*

2

4, 5, 7, 9

11, 12, 14, 16

18 [*No Practice- Family Day*], 19, 21, 23

25, 26, 28

*March*

2

4, 5, 7

# Foundation Program

**Spring I Session:** March 18th – April 20th, 2019

**Location:** Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet  
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

**Ages:** 12 – 13

**Cost:** \$180 for one session per week – Choose 1 of 4 days available  
\$270 for up to 3 sessions per week – Choose out of the 4 days available

## **Two Training themes:**

- Endurance
- Speed/Power

## **Days/Times:**

*Monday* 6:15pm-7:45pm

*Tuesday* 6:15pm-7:45pm

*Thursday* 6:15pm-7:45pm

*Saturday* 9am-10:30am

## **Dates:**

*March*

18, 19, 21, 23

25, 26, 28, 30

*April*

1, 2, 4, 6

8, 9, 11, 13

15, 16, 18, 20 [*Easter Bunny Pursuit*]

# Foundation Program

**Spring II Session:** April 29th – June 1st, 2019

**Location:** Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

**Ages:** 12 – 13

**Cost:** \$180 for one session per week – Choose 1 of 4 days available  
\$270 for up to 3 sessions per week – Choose out of the 4 days available

**Two Training themes:**

- Endurance
- Speed/Power

**Days/Times:**

*Monday* 6:15pm-7:45pm

*Tuesday* 6:15pm-7:45pm

*Thursday* 6:15pm-7:45pm

*Saturday* 9am-10:30am

**Dates:**

*April*

29, 30

*May*

2, 4

6, 7, 9, 11

13, 14, 16, 18

20 [No Practice- Victoria Day], 21, 23, 25

27, 28, 29 [Twilight Meet], 30

*June*

1

# Foundation Program

**Summer Session:** June 3rd - July 25th, 2019

\*limited Saturday availability due to Competitions

**Location:** Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

**Ages:** 12 – 13

**Cost:** \$400 for up to 3 sessions per week – Choose out of the 4 days available

## **Two Training themes:**

- Endurance
- Speed/Power

## **Days/Times:**

*Monday* 6:15pm-7:45pm

*Tuesday* 6:15pm-7:45pm

*Thursday* 6:15pm-7:45pm

*Saturday* 9am-10:30am

## **Dates:**

*June*

3, 4, 5 [Twilight Meet], 6, 8

10, 11, 12 [Twilight Meet], 13, 15

17, 18, 19 [Twilight Meet], 20, 22

24, 25, 26 [Twilight Meet], 27, 29

*July*

1, 2, 3 [Twilight Meet], 4, 6

8, 9, 10 [Twilight Meet], 11, 13

15, 16, 17 [Twilight Meet], 18, 20

22, 23, 24 [Twilight Meet], 25