

Hosted by Toronto Tornadoes Track Club

Venue: Toronto Pan Am Sports Centre.  
875 Morningside Ave, Toronto, ON M1C 0C7  
Indoor track

Time: 9am - 11am

Age: 6 - 19

Cost: \$60

Program 1 : Warm ups, Stretches, Speed drills, relays, Personal therapy, Diet sheets

Program 2: Strength and conditioning, endurance drills, Personal therapy, Diet sheets

Program 3: Jumping and throwing drills, Personal therapy, Diet sheets