

Aspire Program

These programs introduce and build on the ongoing improvements of athletes by their physical capacity. Development of physical capacity is the root of this program. Athletes will be exposed to the qualities required for event(s) successes. We will find out what they enjoy and with what and where their potentials lay.

The acquisition of fundamental skills and repetition that is essential for quality performances required in specific events will be initiated. The principles of versatility will be continually applied as an objective to develop higher quality coordination levels of elements of event techniques to be mastered over time. Also considered are the factors regarding age, training background and performance levels as they move gradually from simple to complicated, easy to difficult and the known to the unknown.

This approach will guarantee a capacity to function smoothly with the body adapting to training and competitive loads. These practices have significant implications on both the speed and endurance functional efficiency of young athletes.

Our programs will also challenge young minds and their character through training. Many valued qualities are formed during the course of training, learned efforts and competitions. Attitude towards training, work, determination, initiative, persistence and a conscious devotion to health and self-confidence are the intended outcomes.

We offer programs throughout the year for the multi-sport athlete to be able to participate when their seasons are on a break. We also allow an annual program for athletes to be exposed to a more complete and complex annual progressions of development, setting up the next steps of athletics to yet come.

We offer identified event development through demonstrated potential via 2 approaches:

Endurance – Event Development: Long Sprints, Middle Distance, Distance, Steeple Chase, Race Walks

Speed / Power – Event Development: Sprints, Hurdles, Horizontal Jumps, Vertical Jumps, Throws

Program Dates

Annual Membership: September 10, 2018 – July 25, 2019

Fall Session: September 10th – October 27th

Winter I: October 29th – December 15th

Winter II: January 7th – March 8th

Spring: March 18th – May 30th

Spring II: April 29th – June 1st

Summer: June 3rd – July 25th

Aspire Program

Fall Session: September 10th to October 27th, 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: 14 – 16

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 10:30am-12pm

Dates: *September* 10, 11, 13, 15
17, 18, 20, 22
24, 25, 27, 29
October 1, 2, 4, 6
9, 11 [No Practice Oct. 8 Thanksgiving or 13 Capital XC Challenge]
15, 16, 18, 20
22, 23, 25, 27

Aspire Program

Winter I Session: October 29th – December 15th, 2018

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

Ages: 14 – 16

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 6:30pm-8pm

Tuesday 6:30pm-8pm

Thursday 6:30pm-8pm

Saturday 10:30am-12pm

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]

Aspire 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: 14 – 16

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 6:30pm-8pm

Tuesday 6:30pm-8pm

Thursday 6:30pm-8pm

Saturday 10:30am-12pm

Dates:

<i>January</i>	7, 8, 10, 12 14, 15, 17, 19 21, 22, 24, 26 28, 29, 31
<i>February</i>	2 4, 5, 7, 9 11, 12, 14, 16 [18 No Practice- Family Day], 19, 21, 23 25, 26, 28
<i>March</i>	2 4, 5, 7

Aspire Program

Spring Session: March 18th – May 30th, 2019

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

*April 23rd: Move to 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: 14 – 16

Cost: \$390 for one session per week – Choose 1 of 4 days available
\$585 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday 6:30pm-8pm

Tuesday 6:30pm-8pm

Thursday 6:30pm-8pm

Saturday 10:30am-12pm

Dates: <i>March</i>	18, 19, 21, 23 25, 26, 28, 30
<i>April</i>	1, 2, 4, 6 8, 9, 11, 13 15, 16, 18, 20 [<i>Easter Bunny Pursuit</i>] 23, 25, 27 29, 30
<i>May</i>	2, 4 6, 7, 9, 11 13, 14, 16, 18 21, 23, 25 [<i>No Practice on the 20th for Victoria Day</i>] 27, 28, 30

Aspire Program

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

OFSAA Prep Membership

This program is intended as a “tune-up” for our athletes with a goal to make it to OFSAA, and for athletes to come see if they have what it takes.

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: 14 – 16

Cost: \$225 for two sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday 6:30pm-8pm

Tuesday 6:30pm-8pm

Thursday 6:30pm-8pm

Saturday 10:30am-12pm

Dates: <i>April</i>	29, 30
<i>May</i>	2, 4
	6, 7, 9, 11
	13, 14, 16, 18
	21, 23, 25 [No Practice on the 20 th for Victoria Day]
	27, 28, 29 [Twilight Meet], 30
<i>June</i>	1

Aspire 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: 14 – 16

Cost: \$510 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday 6:30pm-8pm

Tuesday 6:30pm-8pm

Thursday 6:30pm-8pm

Saturday 10:30am-12pm

Dates: *June* 3, 4, 6, 8
10, 11, 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