


# NATIONAL CAPITAL FC

 @nat\_captfc

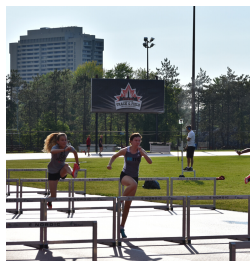
## 'INTRO TO TRACK AND FIELD' PROGRAM

This program is meant for all ages - 13+ (this includes Masters!), new or returning to track and field. This 4-week program will teach you - or brush up on - track and field skills including running, sprinting and jumping mechanics. It will also serve as a general preparation for the fall program which starts in September.

**Program Dates:** Tues/Sat from Aug 4-Aug 29

**Training Dates and Times:** Tuesday 6:30pm, Saturday 12:30pm

**Program Fee:** \$125 (includes facility membership for August)



### WHAT'S INCLUDED?

- Individualized training plan created by certified coaches
- 4 weeks of training, 2 group sessions/week
- T-shirt
- Athletics Ontario membership

### REGISTER NOW!

[nationalcapitaltfc.com](http://nationalcapitaltfc.com)  
[info@nationalcapitaltfc.com](mailto:info@nationalcapitaltfc.com)

### COVID-19

### PRECAUTIONS

- Health screening before every practice
- Increased sanitization of equipment
- Physical distancing at all times

*Please check out our Covid-19 info page on our website for more details!*