



THOROLD ELITE TRACK CLUB

2022 PROGRAMS AND MEMBERSHIP



REGISTER ONLINE AT:

www.trackiereg.com/thoroldelitetc2022

You have chosen to become a part of one of Ontario's most active and most successful track clubs. We provide comprehensive training for all ages, all events, and all ability levels, and have consistently produced provincial and national medalists in both track & field and cross country. We look forward to working with you this year and continuing to provide a breadth of opportunities and programming to the Niagara track community.

We have returned to training and competition following all COVID-19 health & safety protocols required by Athletics Ontario, Athletics Canada, and local/provincial/federal public health guidelines

Please read through this pricing chart carefully and if you have any questions contact Coach Fife at thoroldelitetc@gmail.com or 905-348-2214 prior to completing your registration.

FUTURE TRACK STARS (U8/ U10 ATHLETES)

The **Future Track Stars** Program is an introductory program into track and field for athletes 9 and under. Athletes will learn the FUNdamentals of running and general training in a way that is fun and engaging. Practices may include activities or games that keep the group active and incorporate running and other movement/ physical literacy components. The program also includes general strength and conditioning as well that is applicable to all sports and is intended more for RECREATIONAL athletes. *Athletes in the U10 category who are looking for more specialized training may join the Junior Development Program with the approval of coaches/parents.*

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
FULL YEAR (Dec 1 to Nov 30)	If paid in full by Dec 31/21	If registered after Jan 1/22	Only paid once for whole year	Mandatory / only paid once for whole year	Optional / covers the difference to upgrade
Whole Year U8	\$325	\$350	\$15	\$5	\$5
Whole Year U10	\$325	\$350	\$15	\$5	\$10
INDOOR SEASON (Dec 1 to March 31)					
Indoor U8	\$150	\$175	\$15	\$5	\$5
Indoor U10	\$150	\$175	\$15	\$5	\$10
OUTDOOR SEASON (April 1 to July 30)					
Outdoor U8		\$150	\$15	\$5	\$5
Outdoor U10		\$150	\$15	\$5	\$10
FALL SEASON (Sept 6 to Nov 11)					
Fall U8		\$125	\$15	\$5	\$5
Fall U10		\$125	\$15	\$5	\$10

JUNIOR DEVELOPMENT (U12/ U14 ATHLETES)

The **Junior Development** Program is designed for athletes 10-13 who are beginning to train towards a specific event or discipline in track and field, as well as for any U10 athletes who are ready to begin a more specialized program aimed at preparing them for COMPETITION. Athletes will work with a team of coaches and their training will include all of the components needed to excel in their event discipline(s): technical work, strength and conditioning, core, speed and power, endurance, etc. Training is age appropriate and will be geared towards a particular athlete's abilities and events. *Please note that Competitive Athletes are expected to participate in provincial championships as this is the focus of your training.*

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
FULL YEAR (Dec 1 to Nov 30)	If paid in full by Dec 31/21	If registered after Jan 1/22	Only paid once for whole year	Mandatory / only paid once for whole year	Optional / covers the difference to upgrade
Full Year U12	\$500	\$525	\$15	\$5	\$15
Full Year U14	\$500	\$525	\$15	\$25	\$10
INDOOR SEASON (Dec 1 to March 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Indoor U12	\$225	\$250	\$15	\$5	\$15
Indoor U14	\$225	\$250	\$15	\$25	\$10
OUTDOOR SEASON (April 1 to July 30)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Outdoor U12		\$225	\$15	\$5	\$10
Outdoor U14		\$225	\$15	\$25	--
CROSS COUNTRY (August 22 to Nov 30)	<i>For Distance/ Cross Country runners – prep for elementary school cross country and some club race opportunities</i>				
Cross Country U12		\$225	\$15	\$5	\$10
Cross Country U14		\$225	\$15	\$25	---
FALL FOUNDATIONS (Sept 6 to Nov 11)	<i>For Sprinters, Jumpers, Throwers, Hurdles, and Multi-sport Athletes – general strength & conditioning, cardio workouts, and a minimal amount of technical work</i>				
Fall Foundations U12		\$200	\$15	\$5	\$10
Fall Foundations U14		\$200	\$15	\$25	---

ELITE DEVELOPMENT (U16 AND OLDER ATHLETES)

The **Elite Development** Program is designed for athletes 14 and older who are looking to advance their skills and achieve a high level of performance in sprints, hurdles, middle distance, long distance, jumps, throws, or combined events. Athletes will work with a team of coaches and their training will include all of the components needed to excel in their event discipline(s): technical work, strength and conditioning, core, speed and power, endurance, etc. This program prepares athletes for competition at all levels, including local school competitions, club prep meets, provincial and/or national championships. There may be additional and optional training opportunities for high-performance athletes (ie. training camps or clinics, specialized weights program, etc) that are made available for a surcharge to the base program fee. *Please note that Competitive Athletes are expected to participate in provincial championships as this is the focus of your training.*

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
FULL YEAR (Dec 1 to Nov 30)	If paid in full by Dec 31/21	If registered after Jan 1/22	Only paid once for whole year	Mandatory / only paid once for whole year	Optional / covers the difference to upgrade
Full Year U16	\$600	\$625	\$15	\$25	\$60
Full Year U18	\$600	\$625	\$15	\$25	\$90
Full Year U20	\$600	\$625	N/A	\$25	\$120
Full Year Open	\$600	\$625	N/A	\$25	\$125
INDOOR SEASON (Dec 1 to March 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Indoor U16	\$275	\$300	\$15	\$25	\$60
Indoor U18	\$275	\$300	\$15	\$25	\$90
Indoor U20	\$275	\$300	N/A	\$25	\$120
Indoor Open	\$275	\$300	N/A	\$25	\$125
OUTDOOR SEASON (April 1 to July 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Outdoor U16		\$275	\$15	\$25	\$40
Outdoor U18		\$275	\$15	\$25	\$70
Outdoor U20		\$275	N/A	\$25	\$85
Outdoor Open		\$275	N/A	\$25	\$90
CROSS COUNTRY (Aug 22 to Nov 30)	<i>For Distance/ Cross Country runners– prep for school cross country (elementary or secondary) and club race opportunities including Provincial/ National Championships</i>				
Cross Country U16		\$275	\$15	\$25	\$10
Cross Country U18		\$275	\$15	\$25	\$35
Cross Country U20		\$275	N/A	\$25	\$50
Cross Country Open		\$275	N/A	\$25	\$50
FALL FOUNDATIONS (Sept 6 to Nov 11)	<i>For Sprinters, Jumpers, Throwers, Hurlers, and Multi-sport Athletes – general strength & conditioning, cardio workouts, and a minimal amount of technical work</i>				
Fall Foundations U16		\$250	\$15	\$25	\$10
Fall Foundations U18		\$250	\$15	\$25	\$35
Fall Foundations U20		\$250	N/A	\$25	\$50
Fall Foundations Open		\$250	N/A	\$25	\$50

Note that if paying by credit card, Trackie adds a mandatory processing fee to the charge

DISCOUNTS AND INCENTIVES

- **Family Discount (YEARLY Memberships)** – \$50 discount off of the second family member; \$100 discount off of the third family member
- **Family Discount (SEASONAL Memberships)** – \$25 discount off of the second family member; \$50 discount off of the third family member
- **Referral Credit** – a \$50 credit back to you for referring a new member to join the club (*the new member must put your name on the membership form when they sign up*)

STRENGTH TRAINING OPTIONS

- Strength training is a vital component for elite-level athletes and, although recommended and encouraged, the costs of such training are not included in the base programming fee. There are a number of options available through our club:
 - ❶ **RICC Strength Training** – Scheduled use of the RICC Elite Performance Centre is included with your 2022 club membership and is also available to non-TETC athletes for \$20 per month on a 4-month basis
 - ❷ **Iron Performance Training** – Phase 2 (January to February 2022): this is a specialized weights program designed for athletes based on event discipline and will have specific start and end dates as well as a separate cost
 - ❸ **Crossfit** – Fridays at 5:30 pm only – \$5 per session is collected and this training is designed more for athletes 12 and under

FINANCIAL SUPPORT OPPORTUNITIES

- You can lower your own costs by participating in our FUNDRAISING and SPONSORSHIP program and earning money back to your account
- **JumpStart** (up to \$300 per activity and up to \$600 per year): <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- **Kidsport Niagara** (up to \$250): <https://kidsportcanada.ca/ontario/provincial-fund/>
- **ProKids Niagara** (up to \$100): <https://webserver.ymcaofniagara.ca/prokids/>
- Ask for support from our **TETC Athlete Development Fund**. You must meet eligibility requirements of the above funding sources and financial aid will be granted by the club on a case-by-case basis and based on availability of funds. Requests will be treated confidentially.

Please Note:

- Rest and recovery periods are built into the programming and so there may be intentional weeks without training offered;
- The **Minor Track Association (MTA Fee)** and **Athletics Ontario Fees (Recreational or Competitive)** are set by these associations and are the same for all athletes in the province. Registration with these organizations is mandatory for insurance and competition eligibility.
- All athletes (regardless of age) must minimally be a Recreational member of Athletics Ontario. Paying to upgrade to Competitive is optional and can be done at any time by paying the difference in the far right column.
- These fees are current as of 11/21/2021. If these fees are revised by either association for 2022, this document will be updated and athletes will be responsible for paying the current fees immediately from that point on.