



2022 HIGH SCHOOL VERTICLE JUMPS PROGRAM

The Ottawa Lions Track and Field Club will be returning its High School Pole Vault and High Jump program for all categories (Novice, Junior, Senior).

Practices will take place at both Louis Riel (short term) and Terry Fox Athletic Facility.

Pole Vault training will take place on Tuesday from April 26th through to the end of the High School Season.

Locations/Dates:

Louis Riel (1659 Bearbrook Rd, Gloucester, ON K1B 4N3) - April 26th, May 3rd

Terry Fox Athletic Facility (2960 Riverside Dr., Ottawa, ON K1V 8N4) - May 10th, 17th, 24th, 31st

Bonus Practice during the NACAC Combined Events Cup set to take place in Ottawa on May 13th-15th (Details to come).

Days	Tuesday April 26 th	Tuesday May 3 rd	Tuesday May 10 th	Tuesday May 17 th	Tuesday May 24 th	Tuesday May 31 st
Location	Louis Riel	Louis Riel	Terry Fox	Terry Fox	Terry Fox	Terry Fox
Time	5:30pm- 7:00pm	5:30pm- 7:00pm	5:30pm- 7:00pm	5:30pm- 7:00pm	5:30pm- 7:00pm	5:30pm- 7:00pm

High Jump training will take place at the Terry Fox Athletic Facility every Monday April 25th to the conclusion of the High School Season.

Times: 5:00pm-6:30pm

Days	Monday April 25 th	Monday May 2 nd	Monday May 9 th	Monday May 16 th	Monday May 23 rd	Monday May 30 th
Location	Terry Fox	Terry Fox	Terry Fox	Terry Fox	Terry Fox	Terry Fox
Time	5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm

Costs:

Pole Vault - \$125.00 per registrant. This fee covers facility fees, club insurance, certified coaching, equipment damage costs and travel support/shipping of poles and coach to attend the OFSAA Championships.

High Jump \$40.00 per registrant. Fees cover club insurance, certified coaching, equipment damage costs and travel support for a coach to attend the OFSAA Championships.

Coaches/Athletes must register on trackie.ca but payment can be completed online or in person (Cash or cheque made out to the Ottawa Lions Track and Field Club).

Coaches

Leslie Estwick (High Jump) - Leslie is a life time member of the Ottawa Lions with incredible international experience athletically and as a coach. Leslie also has extensive experience in coaching development as a Learning Facilitator. Leslie encourages coaches who wish to learn more about the event to join.

Dan Percival (Pole Vault) - Another long-time member/coach with the Ottawa Lions, Dan has built a great resume in Ottawa and the Eastern region by leading numerous high school athletes to provincial and national medals. Dan is also an experienced PV official, helping with local twilights to international championships.

Noel McIntyre (Pole Vault/High Jump) - Relative newcomer to the Ottawa Lions coaching roster, Noel recently from Toronto and holds an exceptional medal resume nationally in both Pole Vault and High Jump. Noel will work with Pole Vault on Tuesdays and OTTL club athletes in HJ on Thursdays.

OFSAA Prep program is still open for athletes to gain additional experience in the other events (throws, hurdles, horizontal jumps, . <http://www.trackiereg.com/2022-OTTL-AspireSpringsum>

Athletes already enrolled in the Ottawa Lions Aspire, OFSAA Prep or Competitive programs do not have to pay again. We do however, need to keep a contact/emergency contact list as we will be at different locations. Please register and then select other methods on the payments page.

Athletes are welcome to extend their membership into the club summer season. Please contact info@ottawalions.com for pricing breakdown

136-2446 Bank St. Ottawa, Ontario, K1V 1A7

www.ottawalions.com