**Lakehead Track & Field/Cross-Country Club Memberships (General) 2023-24**

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Welcome to Lakehead Track & Field/XC (Running)! We are thrilled to have you as a part of our club, and we're excited to provide you with all the essential information you need to make the most of your membership.

**About Us:**

* **Mission:** Our mission is to promote fitness, wellness, and camaraderie through Track & Field/Cross-Country athletics.
* **Vision:** To create a supportive community that encourages personal growth, skill development, and a lifelong love for athletics.

**Membership Benefits:**

* Access to Lakehead University Hanger
* Participation in Club-Specific Events and Competitions
* Coaching and Training Sessions.
* Opportunity to Meet Like-Minded Individuals.
* Sports specific Strength & Conditioning

**Membership Types:**

* **General Membership:** Club membership, 3 practices per-week.
* **High Performance:** Club-membership, 4 practices per-week, training with collegiate level athletes & a Provincial/National level competition schedule.

**Membership Fees:**

* General Membership: $650.00 (September to March)
* High Performance Membership: $900.00 (September to March)

**How to Join:**

1. Visit https://legacy.trackie.com/online-registration/event/lakehead-track-field-xc-2023-24-sept-mar/493344/
2. Click on the "Registration" tab.
3. Select your desired membership type.
4. Complete the online questions & forms.
5. Make payment using the provided options.

**Training Schedule:**

* General Membership schedule: M/W @ 4:15pm & Sa @ 11:00am, meeting inside the LU Hanger.

**Social Media and Communication:**

* Stay connected with us on social media: @lakeheadtrackandxc on Instagram
* Visit our website: lakeheadrunning.ca

**Club Policies:**

* Athlete Code of Conduct is included in registration link, please review.

**Contact Information:**

* General Inquiries: lakehead.running@gmail.com
* Membership Questions: Joe McDonough, 807-620-6248 or email listed above.
* Club President: Joe McDonough
* Coaching Staff: Joe McDonough, Kyle McGillivray, Kyle Tang, David DePiero, Emma Vaillancourt, Abigayle Fontaine

Thank you for choosing to be a part of the Lakehead Track & Field/XC community. We are committed to providing you with a rewarding and enjoyable experience. If you have any questions or need further assistance, please don't hesitate to reach out to us.