



ATHLETICS / ATHLÉTISME

**TRACK & FIELD
2023-2024 FOUNDATION POWER SPEED
PROGRAM
FALL
FOR AGES 12 THROUGH 13**

SEPT 9th – NOV 4TH , 2023 (8 weeks)

LOCATIONS: TERRY FOX ATHLETIC FACILITY AT MOONEY’S BAY-2960 RIVERSIDE DR.

DATES OF NOTE: NO PRACTICES: September 30th (Capital XC Challenge) & October 9th (Thanksgiving)

REGISTRATION INFORMATION

Here - <http://www.trackiereg.com/23-24-OTTL-Foundation-PS>

During this time it could get chilly or rainy. Athletes are asked to bring a light jacket or rain gear, a water bottle, and comfortable shoes clothing for athletics.

Power Speed		Endurance	
Day	Time	Day	Time
Monday	6:30pm-8:00pm	Monday	5:00pm – 5:30pm
Thursday	6:30pm-8:00pm	Thursday	5:00pm – 5:30pm
Saturday	10:00am-11:30am	Saturday	8:30am -10:00am

Foundation Fees: 1 / week: \$250.00 2-3 / week: \$445.00

- Payment of fees due upon registration on trackiereg.ca
- Cheque, cash accepted by the program manager or registrar
- T.I.P. cards & scholarships must be presented at a practice to redeem.

REFUNDS ARE GRANTED WITHIN 3 DAYS OF REGISTRATION, SUBJECT TO A \$50 ADMIN FEE.

For more information:

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