



ATHLETICS / ATHLÉTISME

**TRACK & FIELD**  
**2023-2024 FOUNDATION PROGRAM**  
**Winter II**  
**FOR AGES 12 THROUGH 13**

**Jan 8<sup>th</sup> -Feb 24<sup>th</sup> (7 Weeks)**

**No Practices: February 17th (Raven Last Chance Meet)**  
**Family Day – Feb 19<sup>th</sup>**

**LOCATIONS: Louis Riel Dome- 1659 Bearbrook rd**

**REGISTRATION INFORMATION**

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

Athletes are asked to bring a light jacket, a water bottle, and comfortable shoes clothing for athletics.

Power Speed		Endurance	
Day	Time	Day	Time
Monday	6:00pm-7:30pm	Monday	6:00pm-7:30pm
Thursday	6:00pm-7:30pm	Thursday	6:00pm-7:30pm
Saturday	8:30am-10:00am	Saturday	8:30am-10:00am

**Foundation Fees: 1 / week: \$220.00**

**2-3 / week: \$395.00**

- 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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Website: [www.ottawalions.com](http://www.ottawalions.com)