



ATHLETICS / ATHLÉTISME

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

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

**No Practices: Family Day Feb 19<sup>th</sup>**

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

**REGISTRATION INFORMATION**

Here – <https://www.trackiereg.com/23-24-Foundation-XC>

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

Power Sped		Endurance	
Day	Time	Day	Time
Monday	5:00pm-6:30pm		
		Tuesday	6:00-7:30pm
Thursday	5:00pm-6:30pm		
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:**

Telephone: 613-247-4886

Email: [info@ottawalions.com](mailto:info@ottawalions.com)

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