



ATHLETICS / ATHLÉTISME

**TRACK & FIELD**  
**2024 ASPIRE POWER SPEED WINTER II**  
**PROGRAM**  
**AGES 14-16**

**Jan 8<sup>th</sup>- Feb 24<sup>th</sup> 2024**

**LOCATION: LOUIS RIEL DOME-** 1659 Bearbrook Rd, Gloucester, ON K1B 4N3

**NO PRACTICE:**

February 17th (Raven Last Chance Meet)  
February 19th (Family Day)

**REGISTRATION INFORMATION**

Here - <http://www.trackiereg.com/OTTL-Aspire-ps>

Louis Riel Dome	
Day	Time
Monday	6:30pm – 8:00pm
Tuesday	6:30pm – 8:00pm
Thursday	6:30pm – 8:00pm
Saturday	9:30am – 11:30am

**Program Fees:            1 practice/ week: \$230.00    2-3 practices / week: \$415.00**

- 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)