



# THOROLD ELITE TRACK CLUB

## 2024 PROGRAMS AND MEMBERSHIP



**REGISTER ONLINE AT:** [www.trackiereg.com/thoroldelitetc2024](http://www.trackiereg.com/thoroldelitetc2024)

**You have chosen to become a part of one of Ontario's most active and most successful track clubs. We provide comprehensive training for all ages, all events, and all ability levels, and have consistently produced provincial and national medalists in both track & field and cross country. In 2023, we won four provincial titles and finished 3<sup>rd</sup> overall among almost 100 clubs in Ontario. We look forward to working with you this year and continuing to provide a breadth of opportunities and programming to the Niagara track community.**

Please read through this pricing chart carefully and if you have any questions contact Coach Fife at [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com) or 905-348-2214 prior to completing your registration.

### FUTURE TRACK STARS (U8/ U10 ATHLETES)

The **Future Track Stars** Program is an introductory program into track and field for athletes 9 and under. Athletes will learn the **FUNDamentals** of running and general training in a way that is fun and engaging. Practices may include activities or games that keep the group active and incorporate running and other movement/ physical literacy components. The program also includes general strength and conditioning as well that is applicable to all sports and is intended more for **RECREATIONAL** athletes. *Athletes in the U10 category who are looking for more specialized event-specific training may join the Junior Development Program with the approval of coaches/ parents.* Note: This program is run in part by athlete or parent leaders.

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
<b>FULL YEAR*</b> (Dec 1 to Nov 30)	If paid in full by Nov 30/23	If registered after Jan 1/24	Only paid once for whole year	<b>Mandatory</b> / only paid once for whole year	<b>Optional</b> / covers the difference to upgrade
Whole Year U8	\$375	\$400	\$15	\$10	\$5
Whole Year U10	\$375	\$400	\$15	\$10	\$10
<b>INDOOR SEASON</b> (Dec 1 to March 9)					
Indoor U8	\$200	\$225	\$15	\$10	\$5
Indoor U10	\$200	\$225	\$15	\$10	\$10
<b>OUTDOOR SEASON</b> (April 1 to July 31)					
Outdoor U8		\$175	\$15	\$10	\$5
Outdoor U10		\$175	\$15	\$10	\$10
<b>FALL SEASON</b> (Sept 3 to Nov 2)					
Fall U8		\$150	\$15	\$10	\$5
Fall U10		\$150	\$15	\$10	\$10

### JUNIOR DEVELOPMENT (U12/ U14 ATHLETES)

The **Junior Development** Program is designed for athletes 10-13 who are beginning to train towards a specific event or discipline in track and field, as well as for any U10 athletes who are ready to begin a more specialized program aimed at preparing them for **COMPETITION**. Athletes will work with a team of coaches and their training will include all of the components needed to excel in their event discipline(s): technical work, strength and conditioning, core, speed and power, endurance, etc. Training is age appropriate and will be geared towards a particular athlete's abilities and events. *Please note that Competitive Athletes are expected to participate in provincial championships as this is the focus of your training.*

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
<b>FULL YEAR</b> (Dec 1 to Nov 30)	If paid in full by Nov 30/23	If registered after Jan 1/24	Only paid once for whole year	<b>Mandatory</b> / only paid once for whole year	<b>Optional</b> / covers the difference to upgrade
Full Year U10/U12	\$550	\$575	\$15	\$10	\$15
Full Year U14	\$550	\$575	\$15	\$30	\$10
<b>INDOOR SEASON</b> (Dec 1 to March 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance, Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Indoor U10/12	\$275	\$300	\$15	\$10	\$15
Indoor U14	\$275	\$300	\$15	\$30	\$10
<b>OUTDOOR SEASON</b> (April 1 to July 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance, Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Outdoor U10/12		\$275	\$15	\$10	\$10
Outdoor U14		\$275	\$15	\$30	--
<b>CROSS COUNTRY</b> (August 19 to Nov 10)	<i>For Distance/ Cross Country runners – prep for elementary school track and some club race opportunities</i>				
Cross Country U10/U12		\$250	\$15	\$10	\$10
Cross Country U14		\$250	\$15	\$30	---
<b>FALL FOUNDATIONS</b> (Sept 3 to Nov 2)	<i>For Sprinters, Jumpers, Throwers, Hurdles, and Multi-sport Athletes – general strength &amp; conditioning and a minimal amount of technical work</i>				
Fall Foundations U10/U12		\$225	\$15	\$10	\$10
Fall Foundations U14		\$225	\$15	\$30	---

## ELITE DEVELOPMENT (U16 AND OLDER ATHLETES)

The **Elite Development** Program is designed for athletes 14 and older who are looking to advance their skills and achieve a high level of performance in sprints, hurdles, middle distance, long distance, jumps, throws, or combined events. Athletes will work with a team of coaches and their training will include all of the components needed to excel in their event discipline(s): technical work, strength and conditioning, core, speed and power, endurance, etc. This program prepares athletes for competition at all levels, including local school competitions, club prep meets, provincial and/or national championships. There may be additional and optional training opportunities for high-performance athletes (ie. training camps or clinics, specialized weights program, etc) that are made available for a surcharge to the base program fee. **Please note that Competitive Athletes are expected to participate in provincial championships as this is the focus of your training.**

	EARLY BIRD PRICE	REGULAR PRICE	MTA FEE	AO RECREATIONAL FEE	AO COMPETITIVE UPGRADE FEE
<b>FULL YEAR</b> (Dec 1 to Nov 30)	If paid in full by Nov 30/23	If registered after Jan 1/24	Only paid once for whole year	<b>Mandatory</b> / only paid once for whole year	<b>Optional</b> / covers the difference to upgrade
Full Year U16	\$650	\$675	\$15	\$30	\$60
Full Year U18	\$650	\$675	\$15	\$30	\$90
Full Year U20	\$650	\$675	N/A	\$30	\$120
Full Year Open	\$650	\$675	N/A	\$30	\$125
<b>INDOOR SEASON</b> (Dec 1 to March 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance, Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Indoor U16	\$325	\$350	\$15	\$30	\$60
Indoor U18	\$325	\$350	\$15	\$30	\$90
Indoor U20	\$325	\$350	N/A	\$30	\$120
Indoor Open	\$325	\$350	N/A	\$30	\$125
<b>OUTDOOR SEASON</b> (April 1 to July 31)	<i>Training available for all event groups: Sprints, Middle Distance, Long Distance, Hurdles, Horizontal Jumps, Vertical Jumps, Throws</i>				
Outdoor U16		\$325	\$15	\$30	\$40
Outdoor U18		\$325	\$15	\$30	\$70
Outdoor U20		\$325	N/A	\$30	\$85
Outdoor Open		\$325	N/A	\$30	\$90
<b>CROSS COUNTRY</b> (August 19 to Nov 10*)	<i>For Distance/ Cross Country runners– prep for school track (elementary or secondary) and club race opportunities including Provincial/ National Championships</i>				
Cross Country U16		\$300	\$15	\$30	\$10
Cross Country U18		\$300	\$15	\$30	\$35
Cross Country U20		\$300	N/A	\$30	\$50
Cross Country Open		\$300	N/A	\$30	\$50
<b>FALL FOUNDATIONS</b> (Sept 3 to Nov 2)	<i>For Sprinters, Jumpers, Throwers, Hurdles, and Multi-sport Athletes – general strength &amp; conditioning and a minimal amount of technical work</i>				
Fall Foundations U16		\$300	\$15	\$30	\$10
Fall Foundations U18		\$300	\$15	\$30	\$35
Fall Foundations U20		\$300	N/A	\$30	\$50
Fall Foundations Open		\$300	N/A	\$30	\$50

\*Note that if paying by credit card, Trackie adds a mandatory processing fee to the charge\*

## DISCOUNTS AND INCENTIVES

- **Family Discount (YEARLY Membership)** – \$50 discount off of the second family member; \$100 discount off of the third family member
- **Family Discount (SEASONAL Membership)** – \$25 discount off of the second family member; \$50 discount off of the third family member
- **Referral Credit** – a \$50 credit back to you for referring a new YEARLY member to join the club, or a \$25 credit back to you for referring a new SEASONAL member (the new member must put your name on the membership form when they sign up)

## STRENGTH TRAINING NOTE

- Strength training is a vital component for elite-level athletes and, although recommended and encouraged, the costs of such training are not included in the base programming fee and so may be extra – depending upon your individual needs.

## FINANCIAL SUPPORT OPPORTUNITIES

- You can lower your own costs by participating in our FUNDRAISING and SPONSORSHIP program and earning money back to your account. All athletes are required to raise \$300 through the year (\$150 to the club and \$150 to you) by participating in fundraising.
- **JumpStart** (up to \$300 per activity and up to \$600 per year): <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- **Kidsport Niagara** (up to \$250): <https://kidsportcanada.ca/ontario/provincial-fund/>
- **ProKids Niagara** (up to \$100): <https://webserver.ymcaofniagara.ca/prokids/>
- Ask for support from our **TETC Athlete Development Fund**. You must meet eligibility requirements of the above funding sources and financial aid will be granted by the club on a case-by-case basis and based on availability of funds. Requests will be treated confidentially.

### Please Note:

- Rest and recovery periods are built into the programming and so there may be intentional weeks without training offered;
- Extra fees are required for your full and complete participation in the club's programming and activities, including but not limited to competition fees (entry fees or travel), singlet and spikes, additional strength training, team activities, etc.
- The Minor Track Association (MTA Fee) and Athletics Ontario Fees (Recreational or Competitive) are set by these associations and are the same for all athletes in the province. Registration with these organizations is mandatory for insurance and competition eligibility.
- All athletes (regardless of age) must minimally be a Recreational member of Athletics Ontario. Paying to upgrade to Competitive is optional and can be done at any time by paying the difference in the far right column.
- These fees are current as of 11/11/2023. If these fees are revised by either association for 2024, this document will be updated and athletes will be responsible for paying the current fees immediately from that point on.

If you have any questions while completing the registration process please contact Coach Fife at 905-348-2214.