



2024 HIGH SCHOOL VERTICAL JUMPS PROGRAM

The Ottawa Lions Track and Field Club will be returning its High School Pole Vault and High Jump program for all categories (Novice, Junior, Senior).

Practices will take place at both Louis Riel (short term) and Terry Fox Athletic Facility.

Registration - <https://www.trackie.com/event/2024-ottlhsverticaljumps>

Pole Vault

Training will take place from April 8th through to the end of the High School Season.

Days: Mondays, Thursdays (select Saturdays)

Locations:

Louis Riel (1659 Bearbrook Rd, Gloucester, ON K1B 4N3) – Starting April 8th, 11th, 13th.

Terry Fox Athletic Facility (2960 Riverside Dr., Ottawa, ON K1V 8N4) – Starting April 15th-Ending June 2nd.

Time:

Monday & Tuesday at 5:30pm-7:30pm

Saturday at 9:00am

Cost: \$125.00 per registrant. This fee covers facility fees, club insurance, certified coaching, equipment damage costs and travel support/shipping of poles and coach to attend the OFSAA Championships.

High Jump training will take place at the Terry Fox Athletic Facility every Monday April 25th to the conclusion of the High School Season.

Days: Mondays, Thursdays (select Saturdays)

Locations:

Terry Fox Athletic Facility (2960 Riverside Dr., Ottawa, ON K1V8N4 – Starting April 15th-Ending June 2nd.

Time:

Monday & Tuesday at 5:30pm-7:30pm

Saturday at 9:00am

Cost: \$40.00 per registrant. This fee covers facility fees, club insurance, certified coaching, equipment damage costs and travel support for coaches to OFSAA.

Athletes already enrolled in the Ottawa Lions Aspire, OFSAA Prep or Competitive programs do not have to pay again. We do however, need to keep a contact/emergency contact list as we will be at different locations. Please register and then select other methods on the payments page.

Athletes are welcome to extend their membership into the club summer season. Please contact info@ottawalions.com for pricing breakdown

136-2446 Bank St. Ottawa, Ontario, K1V 1A7 www.ottawalions.com