



FLYING ANGELS TRACK & FIELD CLUB 2025 TEAM HANDBOOK

REGISTRATION

All individuals interested in joining the club must complete the online registration form and submit the registration fee before starting training.

You can pay online using a credit card (additional fees may apply) or by sending an e-transfer to [**track@flyingangels.ca**](mailto:track@flyingangels.ca).

If you choose to pay via e-transfer, please select the "OTHER METHODS" option on the payment page and then choose the "ON-SITE" option.

OBSERVING A PRACTICE

Feel free to drop by the training location to observe a practice if you're unsure whether your child is a good fit for the program. Observing a practice is free; however, you must purchase a membership to participate in a training session.

TRY-OUT SESSIONS

There is no need to try out to join the club; athletes of all fitness and experience levels are welcome. New members are encouraged to choose from either the 1-month, 2-month, or 3-month membership options to see if the club is a good fit before committing to a long-term membership.

FACILITY FEES

The owners of the training facilities used by Flying Angels charge a fee for club members to use their facilities. Some facilities bill members directly, while others invoice the club for the use of training slots.

Participants are responsible for paying the facility charges, regardless of how the facility bills (members directly or the club separately). Please visit the Training Locations section on the website to view the facility charges for each location.

FAMILY DISCOUNT

Parents who register more than one child in the program at the same time will receive a \$25 discount for each child. Use the Promo Code: FAMILY when completing the online form to apply the discount.

FINANCIAL AID

Flying Angels works with families to remove barriers to their participation in our programs.

Organizations such as Canadian Tire Jumpstart, KidSport Ontario, and Their Opportunity offer financial aid to assist children in covering registration fees for organized sports. Please visit their websites for further details about the application process. To avoid disappointment, it is recommended to apply early (at least 45 days before the program start date).

REFUNDS

Membership fees, facility fees, and uniform purchases are *non-refundable*.

UNIFORM

All members of Flying Angels are required to have a team uniform kit. Athletes should wear the club uniform for all practices and competitions. There are three different kits available: a training-only kit, a house league kit, and a competitive team kit.

New athletes must purchase the uniform kit for the program they have registered for, while returning athletes are allowed to purchase individual items to replace lost or outgrown kit items.

PROGRAM START DATES

The Flying Angels programs operate year-round. Athletes can join the club at any time and select the duration of their membership. They have the option to choose from a 1-month, 2-month, 3-month, 4-month, 5-month, 6-month, 9-month, or 12-month membership. Athletes must renew their membership before it expires to keep it active.

VOLUNTEERING WITH THE CLUB

Members participating in the House League and Competitive Team program must fulfill volunteer duties by either volunteering at club-hosted track meets or serving on a committee. Alternatively, they can opt out of volunteering by purchasing the Volunteer Opt-Out option for \$150, which is valid for one year from the date of purchase.

COMPETITIVE TEAM COMPETITIONS

Members of the Flying Angels who are part of the Competitive Team program compete in track meets against other clubs. Athletes must confirm their availability using the TeamLinkt app before the confirmation deadline to participate in the meet. The club will handle the entries and cover the entry fee for selected meets listed on the competition schedule. Typically, the club covers entry fees for two events at each meet, and athletes are responsible for paying for any additional events.

HOUSE LEAGUE COMPETITIONS

Flying Angels hosts House League competitions for our athletes. Athletes from all Flying Angels locations are welcome to participate in these meets. A unique link for each meet will be sent to members, and they must register for the meet using the provided link. There is no additional charge to participate in House League meets.

ATHLETICS ONTARIO MEMBERSHIP

Athletes who want to participate in Athletics Ontario (AO) Association meets must also register on the athleticsontario.ca website and pay the Athletics Ontario membership fee. Membership with Athletics Ontario is not mandatory.

MEMBERSHIP PRICES

The membership prices are:

- 1-month membership — \$175
- 2-month membership — \$290
- 3-month membership — \$350
- 4-month membership — \$450
- 5-month membership — \$550
- 6-month membership — \$650
- 9-month membership — \$950
- 12-month membership — \$1,200

The club reserves the right to change prices without notice.

NOTE

The policies and procedures in this handbook may change without notice.

Updated April 24, 2025