



XTREME Team Program

Royal City Athletics Club – 2023 Spring Session

Start Date: Thursday April 27th, 2023

Time: 6:00pm-7:00pm

End Date: Thursday June 15th, 2023

Program Days: Every Thursday 6:00pm – 7:00pm

Fee: \$130 +HST & AO fee

About Xtreme Team:

We are excited to be offering the spring session of Xtreme Team. Xtreme Team is our fun-filled, Fundamentals program for youth aged 5-10. Our outdoor track season will consist of eight weeks and will give athletes an introduction to sprints, hurdles, middle distance running, long and triple jump, high jump, and throwing events. Our coaching staff includes a team of coaches focused on ensuring our young athletes learn, develop, and have fun—with additional event expertise being offered by members of the University of Guelph Track and Field Team and Royal City Athletics Club Senior Groups. Our season will culminate in an exciting mini-Olympics where our athletes will get to challenge themselves in selected events.

Fee Breakdown:

- We have set the portal up so that you also pay your yearly Athletics Ontario Membership & the Trackie Processing fee all in the same place. The AO fee is needed for insurance purposes, and will carry over to the Fall session.
- The club will train out of Alumni Stadium at the University of Guelph.

Space Limitations:

To ensure appropriate coach to athlete ratios space for this year's session is limited.

Registration Link: www.royalcityathleticsclub.org