



High School Endurance Program

Royal City Athletics Club
2023 Indoor & Outdoor Season

Start Date: Tuesday January 10th, 2023

Indoor Season: Tuesday (indoor), Saturday (outdoor)

Outdoor Season: To be determined. 2-3x per week

End Date: July/ August 2023

Fee: \$550 Club Fee + HST + Fees (see below)

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 club only keeps \$550+HST of the Fee and that covers coaching, apparel, facility time, entry fee to Athletics Ontario Championship meets (indoor & outdoor) and any administration related to the program.
- The club plans to continue training at the University Guelph indoor facility, outdoor stadium, and hills/ trails in the community

Coaching:

The program is led by Coach *Phil Martin* who has been a coach in the community for several years and has worked with numerous JR athletes who have been successful at the provincial and national level but has also worked with athletes who enjoy running recreationally.

The program also includes several assistant coaches who have also been with the program for the last several years. You will receive weekly emails from Coach Phil, and he can be reached at royalcityjrendurance@gmail.com to ensure you are on the mailing list.

Registration Link: <http://www.trackiereg.com/RCAC2023>