



High School Sprints Program

Royal City Athletics Club

2023 Fall Outdoor/ Indoor

Start Date: September 13th, 2023

Time: Mondays, Wednesdays, Fridays @ 5:30pm-7:00pm

End Date: Late December

Fee: \$375 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 \$375+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 fee is broken down to be ~\$100 per month
- 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 *Rachelle Campbell* who has been coaching in the community for several years and has worked with athletes of all levels including recreational and elite high school athletes as well as Varsity athletes. Coach Rachelle is a former Canadian Olympian and competed in the long sprints.

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 Rachelle, and she can be reached at royalcityjrsprint@gmail.com to ensure you are on the mailing list.

Registration Link: www.royalcityathleticsclub.org