



## HIGH SCHOOL DIVISION

AGES 14-18 YEARS OLD

PROGRAMMING TAILORED TO ATHLETES IN HIGH SCHOOL

OFFERING OPPORTUNITIES TO TRY SEVERAL DIFFERENT EVENTS AND ENJOY TRACK & FIELD COMPETITIVELY OR RECREATIONALLY. SPECIALIZATION OF ENDURANCE & SPRINTS/JUMPS

- **WHEN:** MOSTLY MONDAYS-WEDNESDAYS-FRIDAYS (SOMETIMES SATURDAYS FOR ENDURANCE) @ 5:30PM-7PM (SPRINTS) , 6PM-7:30PM (ENDURANCE)
- **WHERE:** ALUMNI STADIUM ON THE CAMPUS OF UNIVERSITY OF GUELPH & INDOOR FIELDHOUSE ON CAMPUS
- **WHO:** ATHLETES AGED 13+
- **START DATE:** THIS PROGRAMMING WILL START ON MONDAY **SEPTEMBER 12<sup>TH</sup>**, 2022 & ENDURANCE XC STARTS **AUGUST 22<sup>ND</sup>**, 2022 FOR CROSS COUNTRY

## COACHES:

**RACHELLE CAMPBELL (SPRINTS)**- A FORMER CANADIAN OLYMPIAN, RACHELLE HAS BEEN A STAPLE IN THE COMMUNITY FOR THE PAST SEVERAL YEARS. RACHELLE HAS COACHED MANY ATHLETES FROM ALL AGES AND SKILL LEVELS. RACHELLE IS A NCCP CERTIFIED COACH.

**PHIL MARTIN (ENDURANCE)**- A LONG-TIME MEMBER OF THE TRACK & FIELD COMMUNITY HERE IN GUELPH, PHIL HAS HELPED DEVELOP COUNTLESS AMOUNTS OF ATHLETES IN VARIOUS DIFFERENT ENDURANCE EVENTS COMPETITIVELY AND RECREATIONALLY. PHIL IS A NCCP TRAINED COACH IN ENDURANCE.

***COST - \$375 + HST & SMALL PROCESSING FEE***

LINK: [HTTP://WWW.TRACKIEREG.COM/FALL2022RCAC](http://www.trackiereg.com/fall2022rcac)

**ATHLETICS ONTARIO** COST WILL BE ADDED TO THOSE WHO HAVE NOT YET BEEN A MEMBER. THIS IS A FEE THAT GOES TO THE PROVINCIAL BRANCH TO COVER INSURANCE. WE DO NOT SEE ANY OF THIS MONEY, BUT IS NOW MANDATORY TO PARTICIPATE. YOU WILL ONLY NEED TO PAY THIS ONCE PER CALENDAR YEAR.