



## SPRINTS- JR DEVELOPMENT DIVISION

**ABOUT-** This group of the club is meant to service the community members aged 14-18+ years old. Members of this training group will be in high school and will be looking to focus more on a specific event group (speed/power). This session runs from January 31- March 31<sup>st</sup> indoor. A brief break in March and we will resume late March-July, 2022 outdoor.

**LEAD COACH-** The group will be coached by **Rachelle Campbell**. Coach Rachelle is a former Olympian that has been coaching speed/power track and field in the community for many years and has contributed to the development of several local athletes. Coach Campbell is a certified coach with NCCP credentials.

**SCHEDULE-** The speed/power group will meet **Mon/Wed/Fri** at 5:45pm in front of the Gryphon Fieldhouse on the campus of the University of Guelph.

## REGISTRATION FEES

**CLUB FEE- \$750 +HST & small processing fee**

**Breakdown of fee:**

- Mostly contributes to facility rental at the Fieldhouse, Alumni Stadium & St. James Track
- Used towards coaching time, programming & coaching education
- Includes entry fee to AO Provincial Championship Meets and AC National Meets
- Includes administrative support from club staff
- Plans to support athlete development across club and bring in more resources

**ATHLETICS ONTARIO FEE-** There will be an Athletics Ontario fee added on to registration at checkout. The Athletics Ontario fee is mandatory for insurance reasons. Each member will only need to pay this fee one time in a calendar year and it is prorated as the year goes on. We do not keep any of this money and it goes directly to the governing body. The amount charged will range depending on how old the athlete is.

***WE CANNOT WAIT TO SEE YOU ON THE TRACK WITH US***