



INTERMEDIATE DIVISION

AGES 9-13 YEARS OLD

PROGRAMMING TAILORED TO ATHLETES IN ELEMENTARY & MIDDLE SCHOOL

OFFERING OPPORTUNITIES TO TRY SEVERAL DIFFERENT EVENTS AND ENJOY TRACK & FIELD RECREATIONALLY

ATHLETES ALSO ABLE TO SPECIALIZE IN EARLY FORMS OF ENDURANCE RUNNING IF THEY CHOOSE

- **WHEN:** MONDAYS & WEDNESDAYS FROM 6:15PM - ~7:30PM
- **WHERE:** ALUMNI STADIUM ON THE CAMPUS OF UNIVERSITY OF GUELPH & INDOOR FIELDHOUSE ON CAMPUS
- **WHO:** ATHLETES AGED 9-13 YEARS OLD
- **START:** THIS PROGRAMMING WILL START ON MONDAY **SEPTEMBER 12TH**, 2022

COACHES:

ADAM LEE - HAS BEEN A STAPLE IN THE GUELPH TRACK & FIELD COMMUNITY FOR OVER 10 YEARS. HE IS A FORMER GRYPHON ATHLETE AND HAS BEEN COACHING THIS AGE GROUP FOR THE PAST 2 YEARS. ADAM WILL LEAD THE SPEED/POWER EVENTS OF THE SPORT

CHARLOTTE PROUSE - A FORMER ALL-AMERICAN RUNNER AT NEW MEXICO STATE, CHARLOTTE HAS RETURNED TO CANADA TO CONTINUE RUNNING PROFESSIONALLY AND IS NOW JUMPSTARTING HER COACHING CAREER WORKING MOSTLY WITH THE ENDURANCE PORTION OF THIS PROGRAM

CLEVE THORSON - CLEVE HAS ALSO BEEN A STAPLE IN THE GUELPH RUNNING COMMUNITY HELPING COACH SEVERAL ELITE AND RECREATIONAL JUNIOR RUNNERS AND IS ALSO FORMER COLLEGIATE RUNNER HIMSELF

COST - \$325 + HST & SMALL PROCESSING FEE

LINK:

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.