



Intermediate Program

Royal City Athletics Club – 2023 Spring Session

Start Date: Week of April 17th, 2023

Time: 6:30pm-7:30pm

End Date: Mid/Late June

Option #1: Monday & Wednesday Programming

Option #2: Tuesday Only Programming

Fee: \$325 / \$150 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. If you were in the last session during the 2023 calendar, you will **NOT** need to pay the AO fee again.
- The club only keeps the club fee portion of the payment and that covers coaching, apparel, facility time, entry/ administration fee
- The club will train out of Alumni Stadium at the University of Guelph

Competitive Opportunity:

We will cover entry fees to anyone who is interested in competing at an age group championship meet. We will provide further information as more competitions are released and open for sign up.

Coaching:

The program will be coached by several coaches that will cover various events in all aspects of track and field. Athletes will be exposed to all running, jumping and throwing events.

Registration Link: www.royalcityathleticsclub.org