

ROYAL CITY AC

2024 Spring Memberships

Please Scroll Down to see our
options for Spring 2024



High School Sprints Program

Royal City Athletics Club 2024
Indoor & Outdoor (7-month program)



Start Date: January 2024

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

**There is limited space in this program. It will be invite only and we recommend starting in Fall 2024 if you wish to be included in the group as the yearly training plan starts in September and ends in August. There is limited capacity on the track for this group.*

End Date: August 2024

High School Endurance Program

Royal City Athletics Club
2024- Indoor & Outdoor Season



Start Date: January 2024

End Date: August 2024

Practice Schedule: Will be communicated via email with Coach Phil

Fee: Prorated for the summer. Contact royalcityathletics@gmail.com

*For anybody looking for funding opportunities to help with the cost of registrations, please see the resources below and feel free to message us at royalcityathletics@gmail.com if you need any assistance. Children's Foundation of Guelph: [CLICK HERE](#)
Canadian Tire Jump Start: [CLICK HERE](#)*

Registration Link: www.royalcityathleticsclub.org



Intermediate Program

Royal City Athletics Club – 2024 Outdoor

Start Date: Week of April 29th

End Date: Week of June 24th

Time: *Evenings at 6:15pm – 7:30pm*

**This program offers 2 options as noted below for ages 9-13 years old*

Option #1: Monday & Wednesday Programming

Option #2: Tuesday Only Programming

Fee:

Monday/Wednesday: \$320 + HST

Tuesday Only: \$165 + HST

- We have set the portal up so that you also pay your yearly Athletics Ontario Membership & the processing fee all in the same place. You will only need to pay the Athletics Ontario fee (*which we do not keep*) at the beginning of the year and will not need to pay again in the future sessions in 2024.
- The club only keeps the club fee portion of the payment and that covers coaching, apparel, facility time, entry/ administration fee.

Competition Opportunities:

The program will focus on all events in track and field and will expose athletes to events in the jumps, throws, sprints and distance running.

The athletes will have the opportunity to compete at either an MTA, AO or local competitions towards the end of the program. These will be optional to attend.

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Pole Vault Spring Session

Royal City Athletics Club – 2024 Outdoor



Start Date: April 2024

End Date: August 2024

Time: *Varies on James' Schedule*

Ages: High School - HP

Fee: \$450 + HST + AO Fee

Location: University of Guelph Fieldhouse & Baden

Fee Breakdown:

- Singlet and dri fit shirt if new member + sweater
- Equipment fee to use pole inventory & purchase new equipment as needed
- Access to facility and coaching/ programming time
- The club only keeps the club fee portion of the payment that covers coaching, apparel, facility time, entry/ administration fee.
- Athletes will have entry fees to AO championships paid (*must approve competition plans with coach James*)

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Xtreme Team (Thursdays)

Royal City Athletics Club – 2024 Outdoor

Start Date: April 25th 2024

End Date: June 13th 2024

Time: 6:00pm – 7:00pm (last session is 6-7:30)

Program Days: Thursdays (8-week program)

Ages: 5-10 years old

Fee: \$150 + HST + AO Fee

Location: University of Guelph Track Facilities

Programming Information:

- Athletes will be exposed to all events in track and field including sprinting, distance running, jumping and throwing events
- Athletes will receive a Royal City AC Tee Shirt to be worn at all practices
- There will be a staff of coaches + special Varsity and HP guests each week

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