Intermediate Program

Royal City Athletics Club – 2023 Indoor Season

Start Date: Week of January 16th, 2023
Time: 6:30pm-7:30pm
End Date: Last Week of March

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.
- The club only keeps the club fee portion of the payment and that covers coaching, apparel, facility time, entry fee
- The club plans to continue training at the University Guelph indoor facility

Competitive Opportunity:
We will cover entry fees to anyone who is interested in competing at the 2023 AO Rising Stars Festival in late March. It is completely optional for those who want to travel to the Toronto Track and Field Centre to test their skills against other athletes in the province. More information HERE

Coaching:
The program will be coached by several coaches such as Adam Lee, Cleve Thorson and various High-Performance athletes who will be assisting in coaching.

Future Sessions:
Late April – Late June 2023 *this session has increased capacities
September – December 2023

Registration Link: http://www.trackiereg.com/RCAC2023