

Foundation Program

Our programs build onward and upward from our Youth Programs of Run-Jump-Throw fundamentals and step it up to challenge and contribute to the improvement of the aerobic potential, nervous system, and basic physical strength qualities of child health and development. Our programs will bring up coordination, strengthen mental control, confidence, and physical capacities for the technical strengths of running fast and running long. All aspects for physical and mental success in any sport are developed and consolidated. Athletes from other sport programs will immediately see the benefits as Athletics/ Track & Field is the engine of all aspects of sport and living.

We offer programs throughout the year for the multi-sport athlete to be able to participate when their season is on a break. We also allow an annual program for athletes to be exposed to a more complete and complex annual progression of development.

We offer two themes of approach for these ages in both a session and year-round format:

- Endurance – event specificity: 800m +, focuses on building aerobic capacity through longer repetition running, general strength necessary for distance running
- Speed/Power – event specificity: 400m and lower, horizontal jumps, vertical jumps, throws; focuses on building anaerobic capacity through more focused strengthening exercises and shorter interval training

Program Dates

Annual Membership: September 10, 2018 – July 25, 2019

Fall Session: September 10th – October 27th

Winter I: October 29th – December 15th

Winter II: January 7th – March 7th

Spring I: March 18th – April 20th

Spring II: April 29th – June 1st

Summer: June 3rd – July 25th

Foundation Program

Fall Session: September 10th to October 27th, 2018

Location: Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

Ages: 12 – 13

Cost: \$200 for one session per week – Choose 1 of 4 days available

\$300 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times: Monday 6:15pm-7:45pm

Tuesday 6:15pm-7:45pm

Thursday 6:15pm-7:45pm

Saturday 9am-10:30am

Dates: September: 10, 11, 13, 15
17, 18, 20, 22
24, 25, 27, 29

October: 1, 2, 4, 6
9,11 - (No practice on Oct. 8 - Thanksgiving or 13 - Capital XC Challenge)
15, 16, 18, 20
22, 23, 25, 27

Foundation Program

Winter I Session: October 29th – December 15th, 2018

Location: Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

Ages: 12 – 13

Cost: \$245 for one session per week – Choose 1 of 4 days available
\$350 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday	6:30pm-8pm
Tuesday	6:30pm-8pm
Thursday	6:30pm-8pm
Saturday	9am-10:30am

Dates:

October:	29, 30
November:	1, 3 5, 6, 8, 10 12, 13, 15, 17 19, 20, 22, 24 26, 27, 29
December:	1, 3, 4, 6, 8 10, 11, 13, 15 [Candy Cane Relays]

Foundation Program

Winter II Session: January 7th – March 7th, 2019

Location: Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

Ages: 12 – 13

Cost: \$320 for one session per week – Choose 1 of 4 days available
\$480 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday	6:30pm-8pm
Tuesday	6:30pm-8pm
Thursday	6:30pm-8pm
Saturday	9am-10:30am

Dates:

January:	7, 8, 10, 12 14, 15, 17, 19 21, 22, 24, 26 28, 29, 31
February:	2 4, 5, 7, 9 11, 12, 14, 16 18 [No Practice – Family Day], 19, 21, 23 25, 26, 28
March:	2 4, 5, 7

Foundation Program

Spring I Session: March 18th – April 20th, 2019

Location: Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

Ages: 12 – 13

Cost: \$180 for one session per week – Choose 1 of 4 days available
\$270 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times: Monday 6:30pm-8pm
Tuesday 6:30pm-8pm
Thursday 6:30pm-8pm
Saturday 9am-10:30am

Dates: March: 18, 19, 21, 23
25, 26, 28, 30
April: 1, 2, 4, 6
8, 9, 11, 13
15, 16, 18, 20 [Easter Bunny Pursuit]

Foundation Program

Spring II Session: April 29th – June 1st, 2019

Location: Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

Ages: 12 – 13

Cost: \$180 for one session per week – Choose 1 of 4 days available

\$270 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday	6:30pm-8pm
Tuesday	6:30pm-8pm
Thursday	6:30pm-8pm
Saturday	9am-10:30am

Dates:

April	29, 30
May:	2, 4
	6, 7, 9, 11
	13, 14, 16, 18
	21, 23, 25 [No Practice- Victoria Day]
	27, 28, 29 [Twilight Meet], 30
June:	1

Foundation Program

Summer Session: June 3rd – July 25th, 2019

* limited Saturday availability due to Competitions

Location: Terry Fox Athletic Facility – Mooney’s Bay Park on Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

Ages: 12 – 13

Cost: \$220 for one session per week – Choose 1 of 4 days available

\$400 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday	6:30pm-8pm
Tuesday	6:30pm-8pm
Thursday	6:30pm-8pm
Saturday	9am-10:30am

Dates:

June:	3, 4, 5 [Twilight Meet], 6, 8 10, 11, 12 [Twilight Meet], 13, 15 17, 18, 19 [Twilight Meet], 20, 22 24, 25, 26 [Twilight Meet], 27, 29
July:	1, 2, 3 [Twilight Meet], 4, 6 8, 9, 10 [Twilight Meet], 11, 13 15, 16, 17 [Twilight Meet], 18, 20 22, 23, 24 [Twilight Meet], 25