

Aspire Program

These programs introduce and build on the ongoing improvements of athletes by their physical capacity. Development of physical capacity is the root of this program. Athletes will be exposed to the qualities required for event(s) successes. We will find out what they enjoy and with what and where their potentials lay.

The acquisition of fundamental skills and repetition that is essential for quality performances required in specific events will be initiated. The principles of versatility will be continually applied as an objective to develop higher quality coordination levels of elements of event techniques to be mastered over time. Also considered are the factors regarding age, training background and performance levels as they move gradually from simple to complicated, easy to difficult and the known to the unknown.

This approach will guarantee a capacity to function smoothly with the body adapting to training and competitive loads. These practices have significant implications on both the speed and endurance functional efficiency of young athletes.

Our programs will also challenge young minds and their character through training. Many valued qualities are formed during the course of training, learned efforts and competitions. Attitude towards training, work, determination, initiative, persistence and a conscious devotion to health and self-confidence are the intended outcomes.

We offer programs throughout the year for the multi-sport athlete to be able to participate when their seasons are on a break. We also allow an annual program for athletes to be exposed to a more complete and complex annual progressions of development, setting up the next steps of athletics to yet come.

Athletes graduate this program with a love for Athletics and a desire to seek the next level in their Track and Field career. They are equipped with a deep toolbox with which they can effectively **“Chase the Dream”**.

We offer identified event development through demonstrated potential via 2 approaches:

Endurance – Event Development: Long Sprints, Middle Distance, Distance, Steeple Chase, Race Walks

Speed / Power – Event Development: Sprints, Hurdles, Horizontal Jumps, Vertical Jumps, Throws

Program Dates

Annual Membership: September 9th – July 23rd 2019

Fall Session: September 9th – October 26th 2019

Winter I Session: October 28th – December 12th 2019

Winter II Session: January 6th – February 29th 2020

Winter III Session: March 2nd – April 18th 2020

Spring Session/ OFSAA Prep: April 20th – June 2nd 2020

Summer Session: June 8th – July 23rd 2020

Aspire Program

Fall Session: September 9th to October 26th 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: 14 – 16

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 6pm-7:30pm

Tuesday 6pm-7:30pm

Thursday 6pm-7:30pm

Saturday 10:30am-12pm

Dates:

September

9, 10, 12, 14

16, 17, 19, 21

23, 24, 26, 28

30

October

1, 3, 5 [No Practice – Capital XC Challenge] 7,

8, 10, 12

14 [No Practice- Thanksgiving], 15, 17, 19

21, 22, 24, 26

Aspire Program

Winter I Session: October 28th to December 12th 2019

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

Ages: 14 – 16

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 10:30am-12pm

Dates:

October

28, 29, 31

November

2

4, 5, 7, 9

11, 12, 14, 16

18, 19, 21, 23

25, 26, 28, 30

December

2, 3, 5, 7

9, 10, 12, 14 [*Candy Cane Relays*]

Aspire Program

Winter II Session: January 6th to February 29th 2020

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

Ages: 14 – 16

Cost: \$280 for one session per week – Choose 1 of 4 days available
\$420 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 10:30am-12pm

Dates:

January

6, 7, 9, 11

13, 14, 16, 18

20, 21, 23, 25

27, 28, 30

February 1

3, 4, 6, 8

10, 11, 13, 15

17 [*No Practice- Family Day*], 18, 20, 22

24, 25, 27, 29

Aspire Program

Winter III Session: March 2nd to April 18th 2020

*no practices March 14th to 21st for March Break

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

Ages: 14 – 16

Cost: \$210 for one session per week – Choose 1 of 4 days available
\$315 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 10:30am-12pm

Dates: *March*

2, 3, 5, 7

9, 10, 12

23, 24, 26, 28

30, 31

April

2, 4

6, 7, 9, 11 [*Easter Bunny Pursuit*]

13 [*No Practice – Easter Monday*], 14, 16, 18

Aspire Program

Spring Session/OFSAA Prep: April 20th to June 2nd 2020

This program is intended as a “tune-up” for our athletes with a goal to make it to OFSAA, and for athletes to come see if they have what it takes.

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: 14 – 16

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 10:30am-12pm

Dates:

April

20, 21, 23, 25

27, 28, 30

May

2

4, 5, 7, 9

11, 12, 14, 16

18 [No Practice- Victoria Day], 19, 21, 23

25, 26, 28, 30

June

1, 2

Aspire Program

Summer Session: June 8th to July 23rd 2020

*limited Saturday availability due to Competitions, details to come via email

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: 14 – 16

Cost: \$245 for one session per week – Choose 1 of 4 days available
\$460 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 10:30am-12pm

Dates: *June*

8, 9, 11, 13

15, 16, 18, 20

22, 23, 25, 27

29, 30

July

2, 4

6, 7, 9, 11

13, 14, 16, 18

20, 21, 23