

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 9th 2019 – July 23rd 2020

Fall Session: September 9th – October 26th

Winter I: October 28th – December 12th

Winter II: January 6th – February 29th

Winter III: March 2nd – April 18th

Spring: April 20th – May 30th

Summer: June 2nd – July 23rd

Foundation 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: 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 6pm-7:30pm

Tuesday 6pm-7:30pm

Thursday 6pm-7:30pm

Saturday 9am-10:30am

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

Foundation Program

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

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

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*]

Foundation Program

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

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

Ages: 12 – 13

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 9am-10:30am

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

Foundation Program

Winter III Session: March 2nd – 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: 12 – 13

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 9am-10:30am

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

Foundation Program

Spring Session: April 20th – May 30th 2020

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: \$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 9am-10:30am

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

Foundation Program

Summer Session: June 1st – July 23rd 2020

*limited Saturday availability due to Competitions, details will be sent 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: 12 – 13

Cost: \$240 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

1, 2, 4, 6

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