



**Competitive** program begins to focus on a more specific training regimen. This program is designed for high school students and select grade 7/8 students. This group continues overall athlete development while introducing goal development, mental training and off-day workouts to prepare athletes to compete successfully at regional, provincial and national levels. This group is perfect for athlete's cross-training for other sports, looking to improve performance for school track and field competitions as well as athletes working towards an invitation to the Elite group. These athletes will have opportunities to compete in local, regional and provincial competitions.

Age: 14-18 years

**Training schedule:**

**Outdoor season:** Monday, Wednesday and Friday's October & April (depending on weather) to the end of July.

**Location:** St. Benedict's Catholic Secondary School (50 Saginaw Parkway, Cambridge)

Time: 5:30pm

**Indoor season:** Monday Wednesday and Friday's November- March- Time to be confirmed

**Location:** Waterloo Recreation Center

**Competition:**

Athletics Ontario meets and Provincials

**Fee structure:**

Indoor Season	\$800 due upon Registration
Outdoor Season (April –July)	\$600 due April 1, 2019
Discounted Full year (October-July)	\$1,300