



Elite group intensifies training and asks our athletes to make a commitment to the sport of track and field. This group is comprised of elite Athletes selected and invited to register in the Elite group by the coaching staff. These athletes are expected to meet competitive standards, attendance requirements and be focused on goal development and performance. Athletes in this group will receive the highest level of training program and additional supports including a weight program as appropriate, nutritional support, access to a physiotherapist and mental training. Elite athletes will be prepared compete successfully at provincial, national and international levels.

Age: 14-18 years

Training schedule:

Outdoor season: Monday, Wednesday & 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 & Friday's November-March

Time to be confirmed

Location: Waterloo Recreation Center

Two- three days of training on weights, physio, sport psychology and nutrition.

Invictus Athletics is dedicated to producing high performance athletes with goals to compete in athletics at the highest levels including University programs and national team programs. To meet that aim, inclusions not available in many other club programs include:

- Invictus branded uniform kit
- off-day workout plan tailored to training needs
- nutrition education/support
- mental training with a sports psychologist
- supervised weight program at Crunch gym
- support in seeking University track and field opportunities

Competition:

Regional, Provincial and Nationals

Fee structure:

Full year: \$2300.00

Payment Schedule: \$800 at Registration followed by 10 post dated cheques (1st of each month) in the amount of \$150.00

