



Young Olympians program is an introduction to track and field. This program is designed to introduce young athletes to the sport of track and field. Practices are designed to include skill-based exercises, paired with game-based fitness. Athletes are not tied to a specific event and are encouraged to experience a variety of events both at practice and competition.

Age: 6-14 years

Training schedule:

Outdoor season: Monday 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 and Friday's November- March- Time to be confirmed

Location: Waterloo Recreation Center

Competition:

MTA track meets (indoor and outdoor)

Fee structure:

Outdoor season: \$400

Indoor Season: \$500

Full year: \$850

Competitive Grade 7/8- \$1000.00 this includes training on Wednesday evenings and some Athletes Ontario meets.