

Our **Competitive** group (**ages 14-18 years old**) begins to focus on a more specific training regimen. 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.

Training Schedule:

Outdoor: October, April – July

Days: Monday, Wednesday, Friday
 Time: 5:30 – 7:30pm
 Location: St. Benedict Catholic SS
 50 Saginaw Pkwy, Cambridge

Indoor: November – March

Days: Monday, Wednesday, Friday
 Time: Monday: 7:00 – 9:00pm, Friday 4:30 – 6:30pm
 Location: Waterloo Recreation Centre
 101 Father David Bauer Dr., Waterloo

Competition:

Competitive athletes will compete in 3-4 track meets per season, including Provincial Championships, within the Athletics Ontario schedule. Most indoor meets take place at the Toronto Track & Field Centre at York University. Outdoor meets are across S. Ontario.

Training Only:

Competitive athletes wishing to train but not compete in meets are welcome to participate for a reduced fee.

Fee Structure:

	Outdoor	Indoor	Full Season
Competitive	\$600	\$800	\$1,300
Competitive Train Only	\$300	\$300	\$500

Fee includes: AO Memberships, Meet Entries (min 2 events per season), \$75 Team clothing allowance and all practice sessions.

Payment Options:

Minimum 50% due upon registration. Balance can be made with post dated checks spread over the season. Or, e-transfer to treasurer@invictusathletics.ca

For questions or more information contact, membership@invictustathletics.ca