

Our **Elite** group (**ages 14-18 years old**) 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. Elite 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 to compete successfully at provincial, national and international levels.

**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: 7:30 – 9:30pm, Friday 4:30 – 6:30pm  
Location: Waterloo Rec Centre, 101 Father David Bauer Dr. Waterloo

**Indoor: November – March – Weights**

Days: Monday, Wednesday  
Time: 5:30 – 7:00pm  
Location: Crunch Fitness Waterloo, 50 Parkside Drive, Waterloo

**Competition:**

Elite athletes will compete in 4-5 track meets per season, including Provincial & National Championships, within the Athletics Ontario and Athletics Canada schedule and select meets in the USA as determined by the Head Coach.

**Additional Elite Benefits:**

- Off-day workout plan tailored to each athlete
- Nutrition education / support from Nutritionist
- Mental training sessions with a Sports Psychologist
- Supervised weight program at Crunch Fitness
- Support in seeking University track and field opportunities

**Fee structure:** Full Season - \$2,300. Fee includes AO Membership, meet entries, \$200 team clothing allowance, nutritional training, physiotherapy assessment and coaching, mental training sessions and Crunch Fitness membership (for group training only).

**Payment Options:**

\$800 due upon registration followed by 10 post dated cheques (1<sup>st</sup> of each month) in the amount of \$150.00 or e-transfer to [treasurer@invictusathletics.ca](mailto:treasurer@invictusathletics.ca)

For questions or more information contact, [membership@invictusathletics.ca](mailto:membership@invictusathletics.ca)