

Our **Young Olympian** group (**ages 6-14 years old**) is designed to introduce young athletes to the sport of track & field. Athletes practice movement-specific drills, focusing on proper execution to prevent injury and increase overall skill level. Practices include skill-based exercises and game-based fitness. Athletes are not tied to specific events and are instead encouraged to experience a variety of events both at practices and Minor Track Association (MTA) competitions as they develop their skills.

Training Schedule:

Outdoor: October, April – July

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

Indoor: November – March

Days: Monday & Friday
 Time: Monday: 7:00 – 9:00pm, Friday 6:30 – 8:30pm
 Location: Monday: Wat Rec Centre, 101 Father David Bauer Dr., Waterloo
 Friday: Parkway Public School, 436 Preston Pkwy, Cambridge

Competition:

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

YO Competitive:

For Young Olympian athletes ages 13-14 who are looking for more training and competition, you can upgrade to **YO Competitive**. Athletes in this group train with the Competitive Group – 3 days per week at the Waterloo Rec Centre and compete in some Athletics Ontario (AO) meets.

Training Only:

Young Olympians wishing to train but not compete in meets are welcome to participate for a reduced fee. Training follows the YO schedule, twice per week.

Fee Structure:

	Outdoor	Indoor	Full Season
Young Olympian	\$400	\$500	\$850
YO Competitive	\$500	\$600	\$1,000
YO Train Only	\$300	\$300	\$500

Fee includes: MTA / AO Memberships, Meet Entries (2 events per), \$60 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