HOUSE LEAGUE PROGRAM

The Flying Angels **House League** program is a beginner-level training and competition program for new and developing track and field athletes. Participants attend two group training sessions each week and compete in a series of small track meets against athletes from the other Flying Angels locations. The athletes test their running, jumping, and throwing abilities in a fun and encouraging environment. The program is ideal for those who have little or no experience in track and field.

Training Sessions

The training sessions last 90 minutes and consist of a group warm up, speed training, endurance, strength, and core work. The athletes in this program get a chance to learn the basic techniques involved in the running, jumping, and throwing events.

Competition

Program members compete in a series of 3-4 small track meets against other Flying Angels athletes.

Uniform

First-time participants are required to purchase the House League uniform kit. Athletes must wear their uniform to practices and track meets. The kit contains a sweat top, sweat pants, racing jersey, racing shorts, and a t-shirt. ***The uniform kit price is $140***

Program Dates (begins the week of)

- Fall Season — September 1 to November 30
- Winter Season — December 1 to February 28
- Spring Season — March 1 to May 31
- Summer Season — June 1 to August 31

Program Price

- **$250 per season**
- Register for two consecutive seasons and pay only $400 (Save $100)
- Register for the full year (12 months) and pay only $700 (Save $300)

Facility Fees

Each location has a facility fee that must be paid in addition to the membership fee by each athlete. Review the training location information to see the facility fee for each location.

*****REGISTER HERE*****