COMPETITIVE TEAM PROGRAM

The Flying Angels **Competitive Team** program prepares athletes to compete at high-level local, national, and international track meets. Athletes in this program have an option to travel to track meets throughout Canada, the United States, and/or the Caribbean.

Training Sessions
Competitive team members participate in group training sessions 2-3 days per week. Athletes receive training in sprints, hurdles, distance, jumps, and/or throws at most of the locations.

Competitions & Travel Meets
Participants compete in local, national, and international track meets. Athletes may also get a chance to compete at the Provincial and National Championships. Participants travel to competitions throughout Canada, the United States, and the Caribbean. Athletes travel with the team or with their parents and stay at the team hotel for each trip. There is an additional cost for the trips and it is optional for each athlete to attend.

Uniform
Participants must purchase the Competitive Team uniform kit. The kit contains a racing speedsuit (or racing jersey and racing shorts), tracksuit, sweat top, sweat pants, performance warm up top, and t-shirt. *The kit price is $325*

Athletes are required to wear their uniform to practices and track meets. The training uniform items include the t-shirt (or performance warm up), sweat top and sweat pants. The items that must be worn to competitions include the tracksuit, performance top, and speedsuit (or racing jersey/racing shorts).

Program Price
6 months	$500
12 months	$900

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.

Training Locations, Days & Times
Select the "locations" tab on the website to see the training locations, days and times

Team Handbook
Ensure you read the Flying Angels Team Handbook to learn about the team's policies and procedures