



GENERAL TRACK & FIELD TRAINING

The Flying Angels **General Track & Field Training** program teaches athletes the skills necessary to improve their performances. The athletes in this program do not compete in club track meets. This program is ideal for those who want to train without the pressure of competitions.

Training Sessions

The program members participate in group training sessions 2-3 days per week. The 90-minute sessions includes a warm up, speed & endurance training, strength, core, and flexibility exercises. The athletes receive training in sprints, hurdles, distance, jumps, and/or throws at most of the locations.

Competitions

Athletes in this program do not participate in competitions.

Uniform

First-time participants are required to purchase the Training Only uniform kit. The kit contains a sweat top, sweat pants, performance warm up top, and t-shirt. ***The uniform kit price is \$125.***

Program Price

3 months	\$250
6 months	\$425
12 months	\$750
Try-a-session (1 week)	\$50
Try-a-session (1 month)	\$125

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