




**ROYAL CITY ATHLETICS CLUB PROGRAMMING – FALL 2024**

PORTAL TO OPEN **AUGUST 20<sup>th</sup> @ 7PM** on our registration page at [www.royalcityathleticsclub.org](http://www.royalcityathleticsclub.org)

<b>HIGH SCHOOL OPTIONS</b>		
<b>HS SPRINT SELECT</b>	<b>HS SPRINT DEVELOPMENT</b>	<b>HS CROSS COUNTRY</b>
<p><b>Ages 14-18</b></p> <p>Offered only to returning athletes from previous sprint sessions and those who may reach a certain time standard that is reviewed on a case-by-case basis</p> <p>Meet Mondays, Wednesdays &amp; Fridays</p> <p>Sessions run from September 9<sup>th</sup> till the end of the calendar year</p> <p>Training location at the University of Guelph and 1x off site training session during the Fall</p> <p><i>*This option is by invitation only</i></p>	<p><b>Ages 14-18</b></p> <p>Currently an 8-week program running from September 9<sup>th</sup> – November 1<sup>st</sup></p> <p>Offered to graduating athletes from previous Intermediate groups looking to explore specialized sprint training before moving on in the program</p> <p>Offered to multi-sport athletes who are looking to gain specific speed training</p> <p>An option for individuals who are looking to recreationally train in sprint training</p> <p>1x Session at the University of Guelph (Tuesday evenings)</p> <p>1x Session at an off-site location in Guelph (hills, fields, etc. – Friday evenings)</p> <p><i>*Sessions will range from 60-75mins long in duration</i></p> <p><i>*Indoor plans to be communicated TBD</i></p>	<p><b>Ages 14-18</b></p> <p>Offered from September – End of the calendar year</p> <p>Focus on cross country with lead up to the Athletics Ontario Cross-Country Championship and other local competitions</p> <p>Use of Final Surge mileage and workout tracking software</p> <p>2-3x per week with various meeting spots around the University</p> <div style="text-align: center;">  </div>

<b>YOUTH OPTIONS</b>	
<b>XTREME TEAM</b>	<b>INTERMEDIATE TRACK</b>
<p><b>Ages 5-9</b></p> <p>The 8-week program runs from Thursday September 5<sup>th</sup> till the end of October</p> <p>Focuses on cross country running in lead up to the “Big Run”</p> <p>Training will take place at the University of Guelph Arboretum adjacent to the Soccer fields from 6pm-7pm</p>	<p><b>Ages 9-13</b></p> <p>The 8-week program will run from the week of September 9<sup>th</sup> till the end of October</p> <p>Focuses on the fundamentals and basics of all track and field events</p> <p><b>Option 1:</b> Tuesdays only 1x per week</p> <p><b>Option 2:</b> Mondays &amp; Wednesdays 2x per week</p> <p>Sessions will take place at the University of Guelph Alumni Stadium and sessions will range from 60-75 mins</p>