

# Coaching Excellence for High Performance.



# LONDON LEGION TRACK & FIELD ALLIANCE

The London Legion T&F Alliance started in 2004 to dramatically grow Track & Field in Southwestern Ontario. In just under 3 years, London Legion has become the #1 Indoor Club in Ontario and the #2 Outdoor Club in Ontario. We continue to lead.

London Legion has a management focus on growing participation in Athletics; growing and certifying new coaches; improving athletic performances through coaching development and coaching content; and providing leadership for responsible and fully open fiscal club management.

In everything we do, we believe in Accountability and Alliances.

- ✓ #1 Indoor Club in Ontario 2006-2009
- ✓ #2 Outdoor Club in Ontario 2007 – 2009
- ✓ Full Athlete Profiles, Individual Video Libraries
- ✓ Year Round/Seasonal Programs
- ✓ 1 World Champions, 2 US Champions (2009)
- ✓ 2 Athletes ranked in top 10 in the World (2009)
- ✓ Hershey North American Elementary Champion (2009)
- ✓ 60 Provincial and Canadian Record Holders
- ✓ Integration with [www.ontarioathletes.com](http://www.ontarioathletes.com)
- ✓ Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games

Nov. 1 – May 1: Agriplex at the Western Fair

Mon & Wed 5:00 – 6:30 PM

(some exceptions apply due to events)

May – August T.D. Waterhouse Stadium (UWO)

Tuesday & Thursday 5:00 – 7:00 PM

Saturdays 4:00 -- 6:00 PM

(some exceptions apply due to events)

FOR MORE INFORMATION, CALL:

# 519-652-9477

## London Legion T&F

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www.londonlegiontrack.ca



## 2010 POLE VAULT PROGRAMS

[www.londonlegiontrack.ca](http://www.londonlegiontrack.ca)



# A focus on Leadership, Excellence, Development, Innovation and Alliances.



## Affordable Athletic Programs for All Ages.

A great program cannot succeed unless it is affordable. The design point for all London Legion programs are affordability. Everyone has a singular focus to make sure that our club is inclusive to as many young people as possible. This is our mission. To bring the highest quality athletic development program for the most affordable price. These values are part of our DNA. Every individual in our organization works for that mission. We have no hidden costs. Athletes can join at any time.

Elementary Athletes	High School Athletes	University Athletes
Yearly \$450	Yearly \$550	Seasonal Prorated
Save \$100 or more with London Legion Lottery	Save \$100 or more with London Legion Lottery	Save \$100 or more with London Legion Lottery
Seasonal Prorated	Seasonal Prorated	

### London Legion Pole Vault Program Philosophy

Our Pole Vaulting Program believes in the development of our young people as complete athletes. This program stresses commitment, teamwork, and athlete development in several different dimensions.

The advanced program includes conditioning and strength workouts, gymnastics, weight lifting, speed and agility work, pole vault technique, and elements of sports psychology such as meet preparation, periodization, and mental imagery. The program is technologically advanced and utilizes the club's email, video, and internet assets to improve feedback and communications on a regular basis.



### Coaching Excellence.

Our #1 Priority is coaches. Without coaches, we cannot help our athletes. London Legion T&F Club is a leader in Cross Country coaching recruitment, development and support. We have coaching excellence in all age groups, both Elementary & High School.

### Teamwork.

A London Legion experience is more than individual performances. You are part of a team. We are proudly Canadian and we work with a great team of Canadian Veterans who help us develop Pole Vault programs. We support one another, and we work hard together as a team.



### Technology Leadership.

Every athlete in London Legion has the opportunity to create an athletic profile. This optional service, worth hundreds of dollars, is available to all athletes at no charge. Our club management team creates, edits and places competition videos in a profile for each athlete. Our Youth, Junior & Senior athletes are also profiled on [www.ontarioathletes.com](http://www.ontarioathletes.com). This site helps our athletes with career and educational opportunities. This additional value add, included in all memberships, and is also valued at hundreds of dollars.

### Alliance Development.

No one person or organization can provide the set of services needed to help an athlete become the best they can be. London Legion is proud of our business, coaching and athlete development alliances. We are the leader in this area for Athletics in Canada...

