

X 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 – 2008
- ✓ Ontario Bantam (Elementary) Champions 2005-2008
- ✓ Full Athlete Profiles
- ✓ Individual Video Libraries
- ✓ Motion Analysis
- ✓ Year Round/Seasonal Programs
- ✓ 2 Athletes ranked in the top 10 in the World (2009)
- ✓ 4 US High School Championship Medals
- ✓ 60 Provincial Record Holders
- ✓ Club Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games
- ✓ Track Time 4 Kids program from International Fun In Team Athletics (IFTA)

November 7 – April 30 @ Western Fair Agriplex

Every Saturday 9:30 AM - NOON

(few dates not available due to facility closure...please check on-line schedule)

FOR MORE INFORMATION, CALL:

519-652-9477



London Legion Track & Field Alliance

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2010
TRACK TIME 4 KIDS
FOR ELEMENTARY ATHLETES
Grade 1 – 8

www.londonlegiontrack.ca

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



Coaching Excellence.

Our #1 Priority is coaches. Without coaches, we cannot help our athletes. London Legion T&F is a leader in T&F coaching recruitment, development and support. We have coaching excellence in all areas of T&F development and SAC Training. Bud Willis, a certified Level 3 distance coach with Elementary teaching and administration experience is our Elementary Program Team Leader and Coach.

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



Teamwork and Sportsmanship

London Legion also promotes teamwork and sportsmanship as being very important to an overall athlete's development. We excel at team competitions and relay events. We are a part of the Royal Canadian Legion team that helps develop young athletes across Canada.

IFTA Developed program includes racing, relays and fun

Brought to Canada by Olympian Milt Ottey, Track Time for Kids is an International Fun In Team Athletics (IFTA) certified program.

Children learn to compete in races, relays and Individual events in a fun and team environment



Affordable Programs for All Ages.

A great program cannot succeed unless it is affordable. The design point for all London Legion T&F & SAC programs is value & 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. Athletes can join at any time. We have special packages that include a fundraising option to make these programs even more affordable. Call for details.

Track Time Only	Elementary Athletes Full Year	Additional Benefits
Winter \$150 (Save \$100 with Fundraising Option) Saturday 9:30 – Noon Nov. 7 - April 24	\$450 (Save \$100 pr more with Fundraising Option) Agriplex @ Western Fair (Winter) T.D. Waterhouse (Spring/Summer) Track Time 4 Kids is included in all Elementary Programs	Call for details - Photo Timing Results - Best Effort Videos - PDF profiles

