

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 fully open, fiscally responsible, club management.

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

- ✓ #1 Indoor Club in Ontario 2006-2008
- ✓ #2 Outdoor Club in Ontario 2007 – 2008
- ✓ Ontario Bantam (Elementary) Champions 2005-2008
- ✓ Full Athlete Profiles with Individual Video Libraries
- ✓ Motion Analysis
- ✓ Year Round/Seasonal Programs
- ✓ 37 Provincial Record Holders
- ✓ Integration with www.ontarioathletes.com
- ✓ Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games

Please always check on-line schedules for changes

Dec. 8 – May 1: Agriplex at the Western Fair

Tue & Thurs . 4:00 – 6:00 PM After School Program
Call for information

Saturday (Track Time 4 Kids)
10 – 12 Session 1 (6 weeks) \$80
1 - 3 Session 2 (6 weeks) \$80
Season Pass \$220
Full Membership \$350

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

Mon – Wed 5:00 – 7:00 PM
Saturdays 4:30 -- 6:00 PM

FOR MORE INFORMATION, CALL:

519-652-9477



London Legion T&F

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TRACK & FIELD PROGRAMS FOR CHILDREN

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 including, sprints, hurdles, jumps, throws, pole vault, distance running, and multi-events.

International Fun in Team Athletics .

The IFTA is a not for profit organisation dedicated to providing children's Sports Educational services. IFTA is supported by the Ontario Trillium Foundation, The Ontario Ministry of Health Promotion and has close working partnerships with many other organisations dedicated to keeping children safe, healthy and happy.



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 T&F. We support one another, and we work hard together. We excel at team events, especially at Provincial and National Championships & Relays.

Alliance Development.

No one person or no organization can provide the myriad 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...



Affordable Athletic Programs for All Ages.

A great program cannot succeed unless it is affordable. The design point for all London Legion T&F programs is 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 \$350 Seasonal Prorated	Yearly \$450 Seasonal Prorated	Yearly \$500 Seasonal Prorated
Join Anytime	Join Anytime	Join Anytime

