

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 2006-2008
- ✓ #2 Outdoor Club in Ontario 2007 – 2008
- ✓ Ontario Bantam (Elementary) Champions 2005-2008
- ✓ SAC Program designed by Brent McFarlane, 2000 Candian Olympic Head Coach, SAC Coach WLU
- ✓ Full Athlete Profiles
- ✓ Individual Video Libraries
- ✓ Motion Analysis
- ✓ Year Round/Seasonal Programs
- ✓ Sporting Alliances
- ✓ 37 Provincial Record Holders
- ✓ Integration with www.ontarioathletes.com athlete profiles
- ✓ Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games & Speed, Agility & Conditioning Coach 2005 Vanier Cup Champions – Laurier Golden Hawks

Dec. 8 – Mar 15: Agriplex at the Western Fair

Tues & Thursday 6:30 – 8:00 PM
Saturday – 1:00 – 3:00

FOR MORE INFORMATION, CALL:

519-652-9477



London Legion T&F

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**SPEED, AGILITY
CONDITIONING (SAC)**
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.

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. This site helps our athletes with career and educational opportunities. This additional value add, included in all memberships, is also valued at hundreds of dollars.



Academic & Athletic Profiles

London Legion, with our partner, www.ontarioathletes.com, helps athletes from all sports, build integrated academic and athletic profiles. Top Canadian and U.S. universities consistently praise our capability to help athlete's with their academic and athletic careers.

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 SAC 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 athlete profiles built on www.ontarioathletes.com. Call for details.

Elementary Athletes	High School Athletes	Ontario Athletes Package
Winter \$250	Winter \$350	Winter \$500
Tue & Thu 6:30 – 8	Tue & Thu 6:30 – 8	- full profile
Saturday 1-2:30	Saturday 1-2:30	- up to 15 videos if available
Dec. 16 – Mar 15	Agriplex @ Western Fair	- PDF academic profiles
Agriplex @ Western Fair		

