

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

Nov 3 – Dec 10: Thompson Arena, UWO
Mon. & Wed. 8:00 – 9:30 PM
Sunday 1:00 - 2:30 PM

Dec. 14 – May 1: Agriplex at the Western Fair
(List of modules, some events may remain at Thompson Arena)
Mon – Thurs. 4:30 – 6:30 PM (White Team) or
6:00 – 8:00 PM (Red Team)
Friday 4:30 - 6:30 PM (Mini Meets)
Saturday 9:00 – 3:00 PM (Track Meets)

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

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.

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, and is also valued at hundreds of dollars.

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 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 \$350 Seasonal Prorated	Yearly \$450 Seasonal Prorated	Yearly \$500 Seasonal Prorated
Join Anytime	Join Anytime	Join Anytime

