

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.

FALL PROGRAMS SEPT – NOV 2008

1. Pole Vault for Beginners Monday 6:30 PM
2. Pole Vault Advanced Friday 6:00 PM

Thompson Arena, University of Western Ontario

- ✓ #1 Indoor Club in Ontario 2006-2008
- ✓ #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
- ✓ Sporting Alliances
- ✓ 37 Provincial Record Holders
- ✓ Profile Integration with www.ontarioathletes.com
- ✓ Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games
- ✓ Coach Kristian Wilson (NCCP Level I Pole Vault)– Canadian Seniors Silver Medalist
- ✓ Coach Donald Moon 7th Ranked in Canada
- ✓ Pole Vault Coaching Results 2008
 - 3 OFSAA Gold Medalists
 - 1 Canadian Youth Gold Medalist (Record)
 - 1 Canadian Junior Bronze (Decathlon)
 - 1 Canadian Senior Silver

FOR MORE INFORMATION, CALL:

519-652-9477



London Legion T&F

5 Beech Drive
London, Ontario N6P 1E1
Phone: 519-652-9477
joeryder@londonlegiontrack.com
www.londonlegiontrack.ca



POLE VAULT PROGRAMS

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	College Athletes
Yearly \$350 Cross Country \$125	Yearly \$450 Cross Country \$150	Yearly \$500 Cross Country \$200
Join Anytime	Join Anytime	Join Anytime

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. 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...

