

Coaching Excellence for High Performance.

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
- ✓ 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
- ✓ 2 Athletes ranked in the top 10 in the World (2009)
- ✓ 4 US High School Championship Medals
- ✓ 60 Provincial Record Holders
- ✓ Integration with www.ontarioathletes.com athlete profiles
- ✓ Club Mentor Coach Brent McFarlane, Head Coach 2000 Olympic Games & Speed, Agility & Conditioning Coach 2005 Vanier Cup Champions – Laurier Golden Hawks
- ✓ Program Led by L3 Coach Dave Dessureault with soccer, track and personal training qualifications.

State of the Art Facilities at the Agriplex @ Western Fair

Monday & Wednesday 6:00 – 7:30 PM
Saturday optional time trials 9:30 – 12:00PM
(fully electronic with photo finish results published)

FOR MORE INFORMATION, CALL:

519-652-9477

London Legion Track & Field Alliance

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LONDON LEGION TRACK & FIELD ALLIANCE



**SPEED, AGILITY
CONDITIONING (SAC)
FOR ELEMENTARY ATHLETES
Grade 4 - 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. Dave Dessureault, a certified Level 3 soccer coach with track & field and cross country running background is our SAC 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



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 a 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 Agriplex	High School Athletes Agriplex	Ontario Athletes Package
Winter \$125 <small>(Save \$100 with Fundraising Option)</small> Mon & Wed 6:00 – 7:30 Saturday Time Trials 9:30 – Noon (optional) Nov. 2 – Dec 24	Winter \$150 Coming Soon Agriplex @ Western Fair	Call for details - full profile - up to 15 videos if available - PDF academic profiles

