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**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 2006-2009
- ✓ #2 Outdoor Club in Ontario 2007 - 2008
- ✓ Ontario Bantam (Elementary) Champions 2005-2008
- ✓ Full Athlete Profiles
- ✓ Individual Video Libraries
- ✓ Motion Analysis
- ✓ 60 Provincial Record Holders
- ✓ Mentor Coach and SAC Program design by Brent McFarlane, Head Coach 2000 Olympic Games & Speed, Agility & Conditioning Coach 2005 Vanier Cup Champions - Laurier Golden Hawks
- ✓ Program led by Dr. Jeff Almon DC, CSCS former CIS (University of Calgary) and CFL Fullback

Dec. 8 - Feb 2: PART 1 Agriplex at the Western Fair

Monday & Thursday 6:00- 7:30PM
Monday – Friday – To be scheduled individually
1 hour at Power Play (6:00 -8:00 PM)
Saturday Optional 11:00 - 1:30 PM
December 21 – 23 10 – 4 PM open

Includes certified combine results (electronic)

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



Dr. Jeff Almon DC, CSCS
Former CIS & CFL Fullback

2010 SPEED, AGILITY CONDITIONING (SAC)

www.londonlegiontrack.ca



A focus on Leadership, Excellence, Development, Innovation and Alliances.



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.

High School Athletes	Includes \$100
Winter \$300	Lottery Tickets
(\$200 or less with London Legion Lottery)	New 2010 Program includes 1 hr/week
Mon & Thurs 6- 7:30	at Power Play
Saturday 11:00 – 1:30	Western Fair
Optionas	
Agriplex @ Western Fair	Time to be scheduled

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. Dr Jeff Almon, DC, CSCS is our SAC Team Leader - High School.

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.

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.

For 2010, London Legion has created an alliance with Power Play at the Western Fair Sports Centre, experts in Strength and Conditioning. Each athlete will have 1 hour per week with expert strength trainers including Ryan Zammit GM and Brian Marshall (Ontario Weightlifting Champion)

