



**Dear London Legion Club Parents & Athletes**

October 1, 2007

Good morning.

October is recognized as the month Canadians celebrate Thanksgiving. At London Legion T&F we have many, many gifts that we should be thankful for.

**Thank You Coaches!**

First we have extremely knowledgeable, committed coaches who love helping athletes. These incredible people are all volunteers and are passionate about giving back to Track & Field. Some time this month, make sure you take the time to thank your coaches for everything they do. Believe me; they love to hear the words, Thank You.

**Thank You Board and Management Team**

We are also thankful to the wonderful people who comprise our Management Team and Board of Directors. We have many wonderful gifts because of these people. We can't thank you enough for the work you have done.

**Thank You Royal Canadian Legion**

Thanks for the Royal Canadian Legion who support and promote us with incredible warmth and generosity. We thank the greatest generation for working closely with us to help young people.

**Thanks Everyone for Being the Best Team in Ontario (if not Canada)**

We are also very thankful that all of us have built an incredible team. The #1 Team in Ontario Indoors and the #2 Team in Ontario Outdoors. The results tell only a small part of the story. Everyone in London Legion is supportive of each other and helps each other, every step of the way. Our T&F friends across the province marvel at our teamwork and spirit. We should all be grateful that we have the opportunity to work with an amazing group of people.

## **McFarlane Says 'Put Money in the Bank' - Hills & Strength Training starts October 6th**

October is a month that our Track & Field athletes get back to work. On Saturday October 6<sup>th</sup> at 11 AM we start training at the London Ski Club. We train there every Saturday in October. On Tuesdays, starting October 9, 5:30 PM at Banting High School, we start our Strength & Development program for T&F Athletes. These are very important programs, that our Mentor Coach and former Canadian Olympic Head Coach, Brent McFarlane calls 'putting money in the bank'. The investment in hill running and our strength/conditioning program now, will pay off at the races in the Indoor, spring and summer competitions. You should know that even though this is hard work, athletes tell us that this phase is the most fun. The schedules, locations, and location maps are now available on [www.londonlegiontrack.ca](http://www.londonlegiontrack.ca).

**[www.londonlegiontrack.ca](http://www.londonlegiontrack.ca) is now our main site**

From now on, [www.londonlegiontrack.com](http://www.londonlegiontrack.com), will no longer be updated, so please look to [www.londonlegiontrack.ca](http://www.londonlegiontrack.ca) for current information including schedules.

## **Cross Country season is in full swing**

In October and November, our middle distance athletes are competing in a host of elementary, high school, and OTFA cross country championships. We wish all of these talented athletes much success during this season.

## **Happy Thanksgiving Everyone**

On closing this October newsletter, I would like to wish your family a safe and wonderful Thanksgiving holiday.

As always, if you have any questions or concerns, please call me at 519-652-9477