



2022-23 Fall/Indoor Season

The Speed Academy Fall/Indoor season will run from September 2022 to March 2023. Our program is open to Grade 09 athletes (YOB 2008) and older. Tuesday/Thursday Fall training will take place outdoors at **Woodlands Fields** (behind Dunbarton High School, 655 Sheppard Avenue, Pickering). Saturday Fall training will take place at **Alex Robertson Park** (700 Sandy Beach Road, Pickering).

Fall Training Schedule (Woodlands Fields & Alex Robertson Park)

Tuesday/Thursday: 5:00 - 7:00 pm (**Woodlands Fields**)
Saturday: 11:00 am – 12:30 pm (**Alex Robertson Park**)

The Club will move indoors to the **Abilities Centre** (55 Gordon St., Whitby, L1N 0J2) in November.

Indoor Training Schedule (Abilities Centre)

Tuesday/Thursday: 7:30 – 9:00 pm
Saturday: 2:30 – 4:00 pm

Club Registration Fee

Cost for the Fall/Indoor season is **\$ 625.00**. Athlete registration fee for 2023 with Athletics Ontario is included in this fee

Entry fees to track meets (approximately \$ 15 - \$ 50 per event) are the responsibility of the athlete and are not included in the registration fee.

A Speed Academy uniform (approximate cost for a singlet and shorts is \$ 80) is mandatory for competitions. The cost of the uniform is not included in the registration fee.

Indoor Facility Cost:

User fees (TBD) will apply and are the responsibility of the athlete. The user fee is **not** included in the Club registration fee.

General Strength Training:

The Speed Academy will continue to work with Pure Strength Academy to offer a General Strength training program which will complement our Track training program. Further details (dates, times, pricing etc.) to follow.

Registration:

Club registration form and waivers are available for download from Club website: www.speedacademy.ca. See Registration tab on Main Menu.