



2023-24 Fall/Indoor Season

The Speed Academy Fall/Indoor season will run from September 2023 to March 2024. Our program is open to Grade 09 athletes (YOB 2009) and older. Tuesday/Thursday Fall training will take place outdoors at **St Mary Catholic Secondary School** (1918 Whites Rd, Pickering). Saturday Fall training will take place outdoors at **Alex Robertson Park** (700 Sandy Beach Road, Pickering).

Fall Training Schedule (St Mary CSS & Alex Robertson Park)

Tuesday/Thursday: 5:00 - 7:00 pm (**St Mary CSS**)
Saturday: 11:00 am – 1:00 pm (**Alex Robertson Park**)

The Club will move indoors to the **Pickering Soccer Dome** (1975 Clements Rd, Pickering L1W 4C2) and the **Abilities Centre** (55 Gordon St., Whitby, L1N 0J2) in November.

Indoor Training Schedule (Pickering Soccer Dome & Abilities Centre)

Tuesday/Thursday (Pickering Soccer Dome): 6:00 – 7:30 pm (Female Athletes)
7:30 – 9:00 pm (Male Athletes)
Saturday (Abilities Centre): 2:30 – 4:00 pm (All Athletes)

Club Registration Fee

Cost for the Fall/Indoor season is **\$ 625.00**. Athlete registration fee for 2024 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:

TBD

Registration:

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