



### **HIGHLANDS TRACK AND FIELD CLUB Mission Statement:**

*The Highlands Track and Field Club is a not-for-profit volunteer-run developmental track club aimed at introducing fundamental sport skills and developing confident, healthy active human beings. By providing training, community and recreational and competitive opportunities for athletes aged 10-18, we will assist athletes in becoming the best version of themselves through challenges in sport and supporting their mental, physical, social and emotional development as athletes. We will aim to foster life skills and attributes like goal-setting, decision-making, integrity, resilience and positive mental health strategies through sport.*

*We will focus on fundamentals such as speed, stamina, skill, strength and flexibility guided by the principles of Long-Term Athlete Development. The proper mechanics of running will be taught as well as technique in the various disciplines of throwing, jumping and hurdling. We hope to facilitate athletes in finding joy in movement and celebration in improvements through a focus on Personal Bests.*

*We aim to create an inclusive and connected community of athletes where individual achievement is supported by positive team dynamics. We are excited to provide athletes an opportunity to train locally for sport in a co-ed community and develop a sense of pride and identity in self and our local club as well as provide opportunities for participation in competitive meets across Ontario.*

**When:** June 12, 2024 through August 11, 2024 (8 weeks)

Sunday 6:30 - 8:00 pm

Wednesday 4:00 - 5:30 pm

**Where:** Haliburton Highlands Secondary School Track

**Ages:** 10 and up (born 2013 or earlier or by special permission by the coaches)

<b>Membership Options:</b>	<b>Fee</b>	<b>INCLUDES</b>	<b>DOES NOT INCLUDE</b>
Recreational Athlete <i>(athletes that just want to practice but not compete)</i>	\$100	-Practice participation and fees for facility rentals and equipments costs  -Includes T-shirt (\$25)	-Uniform -Option to compete in any sanctioned meets
Competitive Minor Track Association Athlete <i>(athletes that wish to attend one or more meets)</i>	\$150	-Practice participation and fees for facility rentals and equipments costs  -MTA (Minor Track Association) membership for individual athlete and club membership that allows participation in any MTA meets  -Includes Uniform -optional T-shirt add-on \$25	-Entry fees, transportation, accommodations for individual meets

### **Tentative Competition Schedule:**

- Legion District F Meet - June 23 Oshawa
  - (Athletes born 2011 and earlier. Entries are free for this meet.)
- Brampton Racers Invitational - Brampton, ON -June 29
- Ontario Legion Championship (Athletes must qualify from the District meet) - July 12, 13 - Brampton, ON
- 2024 Minor Track Association Outdoor Championships Toronto -July 20,21  
(Location TBD. Hosted by Flying Angels/United Tamil Track Clubs)

*Participation in meets will be determined by interest and availability of athletes and families. Athletes will need their own transportation to meets. Entry fees for meets will be paid by the athletes (\$15/event generally).*

We will also look to conclude our season with a fun decathlon or heptathlon within our club!

### **Want to learn more?**

Minor Track Association: <https://www.mtaontario.com/>

Athletics Ontario: <https://athleticsontario.ca/>