



TRACK & FIELD PROGRAMS

Find the right program for your athlete

At **Les Kilomaîtres LaSalle**, we offer track & field programs for athletes at different ages and experience levels—from children taking their first steps in athletics to athletes training and competing at a high level.

Registration is open throughout the season. Athletes may join during the season when space is available in their group. Some groups may have a waitlist, and competitive athletes may require an assessment before acceptance.

OUR PROGRAMS

□ COMPETITIVE — AGES 12+

Focus:

- Speed and endurance
- Event-specific technique
- Strength and conditioning
- Athlete development
- Competition preparation

Current schedule

- Monday • Wednesday 6-9 pm
- Thursday(indoor)/Friday(outdoor)
- Saturday 11 am – 1 pm
- Schedule: Varies by training group

Registration fees include the mandatory Athletics Federation fees.

Team singlets, T-shirts and hoodies are available for purchase and are required for competitions.

Who is it for?

Athletes who are committed to regular training and want to participate in track & field competitions.



? FREQUENTLY ASKED QUESTIONS

Can I register during the season?

Yes! Registration is open throughout the season. Athletes may join when space is available in their age group.

Does my child need previous track & field experience?

No. Our Initiation programs are designed specifically for first-time athletes who are learning the fundamentals of track & field.

How do I know which program is right for my child?

Start with the athlete's **age and experience level** above.

- **Ready to move beyond Initiation:** Novice Recreation
- **Has experience and wants to train twice a week:** Recreation
- **Committed to training and competition:** Competitive
- **High-level middle/long-distance athlete:** Elite Middle/Long Distance

If you are unsure, **contact the coach before registering.**

📋 READY TO REGISTER?

Choose the program that best matches your athlete's age and experience, then complete registration.

Athletics Contact

Ingrid – Head Coach

514-442-7403

info@kilomaitreslasalle.com