



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

□ INITIATION

Focus: Running • Jumping • Throwing • Fundamental movement skills

Current schedule

Ages 6–8 \$200

- Monday — 6:00–7:00 PM or
- Tuesday — 6:15–7:15 PM or
- Wednesday — 6:00–7:00 PM

Ages 9–11 \$215

- Monday — 6:15–7:15 PM or
- Tuesday — 6:15–7:15 PM or
- Wednesday — 6:00–7:00 PM

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?

Children who are new to track & field and want to learn the fundamentals in a fun, supportive environment.



What comes next?

Athletes can progress into Initiation Distance, Novice Recreation or another appropriate program as they develop.

? 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.

- **New to athletics:** Initiation
- **Interested mainly in distance running:** Initiation Distance
- **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

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