



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

NOVICE RECREATIONAL— AGES 9-14

Focus: Developing athletic skills and preparing athletes for the Recreation program.

Current schedule

- Tuesday, 7:00–8:00 PM

Registration fees include the mandatory Athletics Federation fees.

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

Who is it for?

Athletes who have progressed beyond the beginner Initiation level but are not yet ready for the commitment of the Competitive program.

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.**

What happens if a group is full?

When a program reaches capacity, athletes may be placed in another group based on their availability. Call for possible solutions.

READY TO REGISTER?

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

Athletics Contact

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