

## OUR GOALS

To develop athletes from the base by providing them with guided training plans. Educating each athlete to better understand their bodies capacity. And increase their confidence in their own abilities as they face various challenges. We want to see each athlete reach their goals but more importantly surpass them.

We also want to encourage parents to fully be involved in the training process. We will educate parents on how to support their athlete(s) to ensure safe, speedy recovery where injuries may arise to maximize their success.

LET'S GET YOUR  CROWN!

*Here to support you every step of the way.*

## CONTACT US

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INFORMATION BROCHURE FALL 2024

# CROWN ATHLETICS ON.

This brochure is to inform you of the upcoming plans for Crown Athletics ON in the 2024 – 2025 track season.

## THINGS TO KNOW



### TRAINING

Start date is **Monday, September 9<sup>th</sup>, 2024**, for a period of 3 months.

This time will be focused on base training, conditioning, general strength, and learning techniques.



### DATES & TIME

Training will be scheduled **twice a week**. The dates will be determined based on overall availability of athlete and coach.



### WHAT'S NEXT?

Crown Athletics ON will **operate independently until January 2025**. More information will be provided on what to expect later to those who move forward in the Fall Base Training Package.

## COST & SIGN UP

### FALL BASE TRAINING PACKAGE 2024

- **\$550 PER ATHLETE**

The price will cover the entire 3 months training period from September to November.

**Payment due by September 9<sup>th</sup>, 2024**  
*(Contact Coach Odon for an accommodation)*

- **HOW TO REGISTER?**

Send an email or texts to Coach Odon with your athlete's full legal name, parents full legal name, email, phone number and a brief description of the athletes' goals this 2024-2025 season.

Application forms to follow.

**“Easy is not an option. No days off. Never quit. Be fearless. Talent, you have naturally. Skill is only developed by hours of work.”**

- Usain Bolt -