



About the Hamilton Olympic Club

The **Hamilton Olympic Club (HOC)** is proud to be the *oldest* track and field organization in Canada. Established in 1926 by a group of local businessmen, the Club committed itself to providing quality training opportunities to Hamilton's youth. This has remained our focus to this very day. From its illustrious beginnings to the present, many HOC athletes have competed at the provincial, national and Olympic level.

Today, HOC is proud to offer three programs for athletes of various ages and levels, from young athletes just being introduced to track and field up to the most elite competitors:

- For ages **8-11**, we offer the **Youth Development Program**.
- For ages **12 - approx. 16**, we offer our **Intermediate Program**.
- For ages of approximately **16 and older**, we offer our **Senior Program**.

The Hamilton Olympic Club
is affiliated with:

- Western Region - Ontario Track and Field Association,
- Ontario Minor Track Association
- Athletics Canada
- CANUSA Games



Hamilton Olympic Club

2008 Program Guide

Our mission is to help Track and Field athletes in the city of Hamilton realize their potential at all levels of participation - from recreation to elite competition.



www.hamiltonolympicclub.ca

Youth Development Program

The **Junior Youth Development Program (YDP)** is an introductory track and field program for girls and boys ages 8 to 11. The YDP program is a run, jump and throw program based on progressive skills development. Sessions include components of speed, strength and endurance. The program focuses on learning techniques of most track and field events through fun, age appropriate games and competitions. Spring and Fall sessions are offered, each running twice weekly for ten weeks.

Training Sessions

Youth Development Program (YDP) training sessions will be held twice a week at Mohawk Sports Park, located at Upper Kenilworth and Mohawk Rd.

Tuesdays and Thursdays 5:30 - 6:30 p.m.

Spring Session: April 22nd - June 26th

Fall Session: Sept. 2nd - Nov. 6th

Cost: \$80/session, t-shirt included.

For more information about our Youth Development Program contact:

Bozena Wojciekian 905-318-8113

OR

Louise Murray-Leung 905-304-1108



Intermediate Program

The **Intermediate Track and Field Program** is for girls and boys **ages 12 to approximately 16**. The program focuses on strength and skill development in all disciplines of track and field. The Intermediate Program will foster a positive social environment for the enthusiastic pursuit of sport and fitness through track and field.

Athletes are introduced to inter-club competition through participation in local meets according to the competition season.

- **Indoor Track and Field** (Nov. to March)
Start Date & Registration Nov. 25th
- **Outdoor Track and Field** (April to Aug.)
Start Date & Registration Apr. 22nd
- **Cross Country** (September to November)

Intermediate athletes are encouraged to participate during all three seasons.

Training Sessions

Intermediate Program training sessions are held twice a week. Indoor training will be at McMaster University's David Braley Athletic Centre. Outdoor training location is to be held at Mohawk Sports Park.

Training Days and Times:

Indoors - Tues. & Thurs. 6:30 - 7:45pm

Outdoors - Tues. & Thurs. 5:30 - 6:45pm

Athletes will also compete in track meets as scheduled. For more information about our Intermediate Program contact:

Bill Urie 905-544-6996

Senior Program

The **Senior Track and Field Program** is for individuals approximately 16 years of age and older. This program is for athletes pursuing athletic excellence who show a strong commitment to the sport of track and field. Senior athletes train to improve their ability and technique, maximizing their full athletic potential.

- Training is year-round
- Training is scheduled between the athlete and their event-specific coach(es).
- Prepares for elite competition
- Senior Program athletes are promoted from the Intermediate Program.

For more information about our Senior Program contact:

Louise Murray-Leung 905-304-1108



Registration Fees

Youth Development Program

\$80/session

Intermediate Program

\$380/year (all three sessions)

\$195 per winter or spring session

\$80 per cross country session

Senior Program

\$380/year

OTFA registrations fees may also apply.