



10 Questions parents (or athletes) should ask before choosing a Track & Field Club.

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Does FLTC train athletes in all Track & Field events?

FLTC offers training in all Track and Field events – running (including hurdles and steeple), jumping and throwing – according to the Athletics Canada Long Term Athlete Development model. Some events such as pole vault and triple jumps are introduced to older athletes only. Standing long jump, and softball throw are presented to younger athletes. Athletes are encouraged to train in many events and specialize later (at an age between 16 to 18 years old).



Do athletes have to attend all practice sessions?

FLTC offers 3 training sessions per week. Young athletes are encourage to do other sports and are not expected to attend all training sessions. We understand that most of FLTC members are students and that school will take precedence certain weeks. Athlete's attendance to practices should be guided by their personal goals.



Do you have a program for my child's age and skill level and are there other athletes like my child in that program?

FLTC welcomes athletes of all ages older than 4 year old. Training groups are composed based on the age of the athletes and their skill level. FLTC has around 90 members providing opportunities to form coherent training groups. Para-athletes are welcome to become FLTC members.

Where do you practice and how do you ensure a safe environment for the athletes?

During the winter, we train at the indoor track of the Fitness Centre of Base Gagetown. During the summer, we train at the outdoor track of the Fitness Centre of Base Gagetown and at FHS. We train at Odell Park in the fall. The exact time and places vary during the year and can be found on the FLTC web site and Facebook page.

Communication among coaches ensures that the available space is used in a safe manner, locating throws away from runners, for example. Most of our coaches have received first aid training and carry information related to emergency contact, allergy, medicare, etc of each athlete.

FLTC has a police security check on file for each coach.

Who are the coaches and what are their qualifications and experience?

FLTC is currently working with 7 coaches, all with training from the National Coaches Certification Program.

André Rondeau, Athlete Development, NCCP Sport Coach (Level 1)

Carl McIntosh, Jumps and Mid-distance, NCCP Level 3

Germain Landry, Para-Throws, NCCP Level 3

Kathy Chisholm, Athlete Development, NCCP Level 1

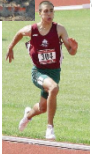
Melanie Fournier, Athlete Development, NCCP Sport Coach (Level 1)

Scott Davis, Mid-distance, Distance, NCCP Level 3

Yvan Pelletier, Sprint, Hurdles, Mid-distance, Throws, NCCP Level 4

We are also associated with Mark Sheehan, Throws, NCCP Level 3 and Dr. Ken Seaman, Sport





Do you place development above winning?

Track & Field is a sport where athletes reach their best performances at about 25 to 30 years of age. Following the Athletics Canada Long Term Athlete Development model, FLTC puts more effort in developing basic functional movement and athletic skills at a young age (before 14 years old). With older athletes, the training programs are individualized according to the goals and objectives of the athlete. However, improving one's performance is always promoted instead of "winning the race".

What does the membership fee include and are there additional expenses?

FLTC membership fees include;

- Coaching fees

- Access to training facilities and equipment

- Athletics New Brunswick membership (full year)

- FLTC T-shirt

- Transportation to competition if needed

- Support for lodging at out of town competition

- Financial support if attending provincial or national competition

FLTC singlet and warm-up jacket and pants are sold separately. Registration to competitions is not covered by the membership fees.



Do you travel for competition with athletes of the age of my child?

FLTC participates in Atlantic championships and some meets in Maine. Some FLTC athletes will also travel to National Championships. We ask that athletes younger than 14 years of age be accompanied by a parent. Participation in competitions outside the province is not mandatory.

Can parents attend the training sessions?

Absolutely! We encourage parent to assist to the training sessions and discuss with the coaches. Parents can also join the club under the Parent-Fit program.

Is FLTC accredited or recognized as an organization?

FLTC is a member of the provincial and national track and field organizations, Athletics New Brunswick and Athletics Canada. FLTC is a registered not-for-profit organization. We are among the few clubs invited to participate in a pilot program, Club Excellence, managed by Athletics Canada. We are also part of the True Sport organization. FLTC is managed by a Board of Directors elected annually.

To find more about the Fredericton Legion Track Club find us

on the web: www.FLTC.ANB.ca

on 

or by e-mail: Frederictonlegiontrackclub@gmail.com