

# EXCEL ATHLETIKA



## EXCEL ATHLETIKA Track and Field Club

The Excel Athletika Track and Field Club offers programs in track and field and cross country for athletes of all ages and skill levels. From a 7 year old beginner to an experienced senior or master level competitor, **we have a program for everyone.**

- Each athlete will receive the coaching and facility access required to achieve their full athletic potential.
- Training takes place indoor at the Regina Fieldhouse or outdoor at the Douglas Park Track.
- Practice times are available in the evenings and on weekends 3-6 days per week.
- Competitions are held in-town and out-of-town at the city, provincial, national and international level.

A variety of **annual and seasonal membership options** are available with low registration fees and limited volunteer requirements.

**Coaching is provided for all event areas including:** Sprints & Hurdles (60m - 400m), Jumps (Long, Triple, High, Pole Vault), Throws (Shot Put, Discus, Javelin, Hammer/Weight), Middle Distance (600m - 800m), Long Distance & Cross Country (1500m+)

For more information, contact:  
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Or visit our website:  
[www.excelathletika.ca](http://www.excelathletika.ca)