



ABOUT OUR PROGRAMS

- Led by highly qualified, nationally recognized & NCCP certified coaches
- Offering programs for all levels of ability and development

- Including multi-sport speed development programs for athletes needing the very best in power/speed training
- Utilizing internationally recognized athletic strength & conditioning programs
- Offering talent identification programs within the school system and community sports programs

TRAINING IS FOCUSED ON:

- Proper running technique and education
- Development and enhancement of an athlete's speed, agility, and quickness
- Injury prevention and structural development
- Development of basic motor skills with athleticism, as well as advanced concepts of speed and jumping development
- Role modelling that will focus on a positive training group environment—to empower an athlete's self esteem and well being

FINANCIAL ASSISTANCE

Metro Athletic Club will provide financial assistance to competitive athletes for entry fees, specified travel and accommodations for competitions so that they can concentrate on training and readiness to maximize performances.

MORE INFO: 604-727-3435
www.metroathleticclub.com

Located in Burnaby and Vancouver, British Columbia, Metro Athletic Club is a local non-profit community track and field club with a mission to develop aspiring athletes into national and international competing athletes. We are an organization that was created out of a desire for excellence in athleticism. We promote the benefits, values and ethics of sport and healthy living within our community.

Our coaching staff and administration is comprised of individuals that have recognized levels of achievement and professionalism within our community, all demonstrating their love of the sport.

Metro Athletic Club is selecting athletes for our Junior and Senior training groups who are committed and have a strong work ethic. These athletes will demonstrate the focus necessary for their quest in qualifying for BC Provincial Teams and Canadian National Teams.

CLUB COACHES

- Derek Hansen Head Coach, Senior Sprints Coach
- Peter Ogilvie Coaching Coordinator & Junior Sprints Coach
- Curt Heywood Junior & Senior Pole Vault Coach
- Carey Nelson Recreational Marathon Program Leader
- Andy Merrylees Olympic Weightlifting Consultant
- Greg McGinn Junior Horizontal Jumps Coach



FACILITIES

Located in Central Park at the western edge of Metrotown, Swangard Stadium is one of the most picturesque stadiums in the world. Metro Athletic Club is proud to be associated with the City of Burnaby in establishing its training venue at this world-class facility.



METRO ATHLETIC CLUB

2005 MEMBERSHIP APPLICATION

- Junior Development
- Midget
- Juvenile
- Junior
- Senior
- Masters

