



## MEMBERSHIP

The club has a variety of membership options to suit the interest level of the athlete. LC will not turn away any athlete based on a financial situation. Rather, the club will recommend local agencies to contact so as to provide a subsidy for the membership. We also ask the athlete in need to volunteer for additional duties in addition to the four local road races.

## FUNDRAISING

Laurel Creek is involved with four local road races. These events provide significant financial support to the club. LC athletes/siblings/parents are expected to volunteer for these community activities. Volunteering should be viewed as a family outing and giving back to the community. Hours of volunteering are eligible for the 40 hours of community service which are required for graduation.

## TRAINING LOCATIONS/ DAYS/TIMES

### April – October:

Resurrection CSS  
455 University Ave. West,  
Kitchener N2N 3B9

### November – March:

Waterloo Memorial Recreation Complex  
101 Father David Bauer Dr.,  
Waterloo N2J 4A8 and  
Gryphon Centre @ University of Guelph




### Outdoor season:

Mondays/Wednesdays: 5 p.m. – 8 p.m.  
Tuesdays/Thursdays: 6:30 p.m. – 8 p.m.  
Saturdays: 10 a.m. – 1 p.m.

### Indoor season:

Mondays/Wednesdays: 6 p.m. – 8:30 p.m.  
Saturdays: 11 a.m. – 2 p.m.  
Saturdays: 3 p.m. – 5 p.m. @ Gryphon Centre

For more information about LC, contact  
**Bruce Glebe (bglebe@rogers.com)**  
and visit the LC website at  
**[www.laurelcreektrackclub.com](http://www.laurelcreektrackclub.com)**

 **Laurel Creek TFC**  
 **laurelcreektfc**  
 **@laurelcreek**



## MISSION STATEMENT

To provide athletes 12 years and older, opportunities to train in a collegial atmosphere for the purpose of excelling at the local, provincial national and international level.

## HISTORY

The club began in 1979 with a small group of distance runners, training out of Laurel Creek Conservation Area in north Waterloo. Since that time, the club has evolved into a multi-faceted club with about 100 athletes, ten coaches and numerous top ten provincial club rankings. Laurel Creek TFC continues to be the highest ranked local club on an annual basis and by a wide margin.

## LONG TERM ATHLETE DEVELOPMENT MODEL

The LTAD is a nine step process that is designed to prepare athletes for optimal training, competition and recovery for each state of their athletic development. Coaches who follow the LTAD are more likely to have athletes reach their full potential. LC coaches are committed to the LTAD and have supported the program since its inception. Athletes may train too hard and too early in their athletic development, resulting in one-sided preparation, early burn-out and lost potential. LC invites parents and athletes to learn more about the LTAD by visiting [https://athletics.ca/wp-content/uploads/2015/01/LTAD\\_EN.pdf](https://athletics.ca/wp-content/uploads/2015/01/LTAD_EN.pdf)

For more information about Laurel Creek TFC, contact Bruce Glebe ([bglebe@rogers.com](mailto:bglebe@rogers.com)), visit the LC website @ [www.laurelcreektrackclub.com](http://www.laurelcreektrackclub.com), follow us on Instagram or like us on Facebook.

## COMPETITIONS

LC prides itself in providing numerous opportunities for its athletes to compete at a variety of competitions for the indoor and outdoor seasons. These include Athletics Ontario championship meets, SPIRE meet (Ohio), MITS (Saginaw), National Indoor Youth championship meet (Montreal) and several all comers meets for the indoor season. For the outdoor season, LC attends Athletics Ontario championship meets, Athletics Canada championship meets and numerous all comers meets. LC has a comprehensive meet schedule so that athletes are given numerous opportunities to succeed and perhaps be selected for provincial and national teams.

## CURRENT LC COACHES

Tom Fitzgerald – middle distance  
Drew Barisdale – middle distance  
Teresa Duck – middle distance  
Bryan Stride – middle distance  
Rich Tremain – middle distance  
James Porto – middle distance  
MaryAnn Pierson – middle distance & developmental group  
Chris Timm – horizontal & vertical jumps  
Bruce Glebe – sprints  
John Gamble – hurdles, throws, weights  
Jodi Rice – developmental group