

## Competitions

*As members of the Ontario Track and Field Association (OTFA) and the Canadian Track and Field Association (CFTA), Toronto Olympic Club enters provincial and national events each year.*

*Toronto Olympic Club with the sponsorship support of the Royal Canadian Legion since 1954 host two track and field meets for junior athletes annually. As part of our ongoing commitment to running, Toronto Olympic*

*Club  
spon-  
sors  
and  
sup-  
ports*



*races both on the road and track.*

*Join us for a Saturday morning run  
at Swansea Community Centre.*



*For more about Toronto Olympic Club, contact:*

*Paul Poce  
Head Coach  
(905) 855-9374  
paul.poce@torontolympicclub.com*

*Or*

*Dave Christiani  
(416) 425-8296  
david.christiani@torontolympicclub.com*

## Supporting Runners of all ages

*For more information,  
You can also visit the Toronto Olympic Club website  
www.torontolympicclub.com*



[www.torontolympicclub.com](http://www.torontolympicclub.com)

## Training

The club meets three times a week:

**Saturdays year round at 9:45 a.m.**

At Swansea Community Centre, the home of TOC.

**Tuesdays and Thursdays at 5:45 p.m.**

Spring/Fall

Swansea Community Centre

Summer

Swansea Community Centre, Metro Toronto Track and Field Centre or Centennial Stadium

Winter

Swansea Community Centre or Metro Toronto Track and Field Centre



## About Toronto Olympic Club

The Toronto Olympic Club (TOC) provides a coaching and training environment to assist runners in attaining their potential.



As a member of the Toronto Olympic Club (TOC), you will:

Be coached by experienced coaches

Have the opportunity to attend up to 3 training sessions a week

Be encouraged to at-

tend social functions including club dinner and awards, handicap race and party, summer barbeque.

Receive a regular club newsletter

Have your race entry fees covered at club sanctioned races

## Membership

Toronto Olympic Club is a non-profit organization, managed by a volunteer executive elected annually. It was established in 1954. Since that time many outstanding runners, Canadian Record holders, National, World, Olympic team members have been coached and supported by the club. The programs are designed to meet the needs of runners from junior to master.

## Coaching

Paul Poce, has been the coach of many national and international teams including Olympic and World teams. He is supported by a team of coaches who specialize in working with runners of different ages and at different stages in their development.

To find out more about Toronto Olympic Club, contact:

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**Supporting Runners of all ages since 1954**

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