



Charlotte Flights Track and Field Club Fall and Winter Training 2026-2027 Sessions

Mechanics, Conditioning and Strength Training

Monday and Wednesday

(Start date September 14, 2026)

Youth (7 & up)

6:00pm – 7:30pm

Johnson C. Smith University

Irwin Belk Complex

500 Summit Avenue

Charlotte, NC 28216

Monday Night Only (optional)

7:45pm – 8:30pm

Mecklenburg County Aquatic Center

800 E. Martin Luther King Jr. Boulevard

Cost: \$85 per 10-week session

Session I (September 14 – November 18, 2026)

Session II (November 30, 2026 – December 23, 2026)

Session II (January 5, 2027 – February 17, 2027)

Register and pay online @ www.charlotteflights.org

For additional information contact

[Nigel Orr 347.969.8572 orrnigel@gmail.com](mailto:ornigel@gmail.com)

[Charlotte Flights Track and Field email charlotteflights91@gmail.com](mailto:charlotteflights91@gmail.com)

[LeBraun Evans dandlevns@gmail.com](mailto:dandlevns@gmail.com)

[Anthony James anthony.james.speed@gmail.com](mailto:anthony.james.speed@gmail.com)

***All new athletes will need to bring a copy of their birth certificate**