

NORWESTERS TRACK & FIELD CLUB

2005 Fall Practice Schedule

| Group | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---------------------------------------|---|-------------------------------------|----------------------------------|-----------|------------------|------------------------------|
| Gr 3-6 W. Van Elena | 5pm Ambleside | | Possible Wed practice | | | | |
| Gr. 3-6 N Van Elena | | | | 5pm Bridgeman | | | |
| Gr 7-9 Rob/Darcy | Hurdles (Erin) Sprints Distance | | Jumps(Elena) Sprints Distance | Throws(?) Sprints Distance | | | |
| Juv + <i>Sprints/Hurdles</i> Rob/Erin | 6.30 Sprints/Hurd | | 6.30 Sprints/Hurd | 6.30 Sprints/Hurd | | | |
| Juv + <i>Distance</i> Frank/Ashley/ Cindy | 4.45 Distance | | 4.45 Distance | | | 9am Rice Lake | |
| Juv + <i>Ham/Discus</i> Caroline <i>Jav/Shot</i> | TBA | 5pm alternate time if Sun not suitable | ? | ? | ? | | 4pm Ham/Disc Technical |
| Juv + <i>Jumps</i> Elena | | 5pm Jumps | 6.30pm Jumps | | 5pm Jumps | 10am Jumps | |

The Grade 3 to 6 program will be combined until numbers grow and a second coach can be hired to take a second group.

We will organize the 16+ Jav/Shot Put group and basic throws training to meet the needs of the athletes involved so please notify Dawn at 604-929-3554 of your wish to participate.

FALL PROGRAM -Outdoors