

## FALL SCHEDULE 2009

Notice of changes to this schedule will be emailed by coaches on a weekly basis. Please make sure that your coach has your email address. Programs will be added to this schedule as they start up.

Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Date starting
Track Rascals								Program runs Jan to June.
Gr. 3-6 Elena		5-6.30pm Ambleside		5-6.30pm Ambleside				Sept 14
Gr 7-9 Elena	5pm-6.30pm Ambleside		5-6.30pm Ambleside	5-6.30pm Ambleside				Sept 9
Juv + Sprints/Hurd.	TBA							TBA
Juv + Cindy/Darcy	4.30pm Ambleside or alternate location		4.30pm Handsworth or alternate location			9.30pm Stanley Park or alternate location		Running
Juv + Ham/Discus Caroline	TBA							TBA
Juv + Jumps Elena	6.30-8pm Ambleside		6.30-8pm Ambleside	6.30-8pm Ambleside		10.30-12noon Handsworth		Sept 9
Juv + Shot and Jav Elena	TBA							TBA
Grade 7 and up Pole Vault with Doug	TBA							TBA

**CHANGES MAY BE MADE TO THIS SCHEDULE TO MEET THE NEEDS OF THE ATHLETES. PLEASE CALL Susan 604-984-0162 or Dawn 604-929-3554 BEFORE ATTENDING PRACTICES. All athletes must register before participating. See Registration at [www.norwesterstandf.com](http://www.norwesterstandf.com)**

FALL PROGRAM –Outdoors Updated Sept. 09