



Truro Lions Track & Field Club trurolions@gmail.com @TruroLionsTF

EVENT Training Schedule

July 02 - August 23, 2020

Mondays -

9:10-10:00am *RunJumpThrow* age 8-11; July 13, 20, 27, Aug 10, 17* mini-meet
High Jump (Group 1) 10:00-11:00am with Coaches Alex, Shawn (and Tammy in August)
High Jump (Group 2) 11:00-12:00pm with Coaches Alex, Shawn (and Tammy in August)
*athletes in group 2 are to arrive early and warm-up on the track

Tuesdays -

8:30-10 am *Track*, all events with Coaches Nolan, Sherry/Quinn/Mira
Javelin (Group 1): 4:00-5:25pm with Coaches Iain & Jess
Javelin (Group 2): 5:35 - 7pm with Coaches Iain & Jess
Long/Triple Jumps (Group 1): 4:30-5:30pm with Coaches Dave and Alex
Long/Triple Jumps (Group 2): 5:30-6:30pm with Coaches Dave and Alex
*athletes in group 2 are to arrive early and warm-up
5:10-7pm *Throws* (Shot Put, Discus, Hammer) with Coach Nathan

Wednesdays -

8-10 am *Track* is booked for Lions, open training
4:30 - 6pm *Hurdles (& Sprints)* with Coach Nolan
5:10-6pm *RunJumpThrow* age 8-11; July 22, 29, Aug 5, 12, 19* mini-meet
6:10-7:30pm *Girls program* age 11-14; July 8, 15, 22, 29, Aug 5, 12, 19* mini-meet

Thursdays -

8:30-10am *Track*, all events with Coaches Nolan, Sherry/Quinn/Mira
Javelin (Group 1): 10-11:30am with Coach Iain
Javelin (Group 2): 6-7:30pm with Coach Jess
Long/Triple Jumps (Group 1): 4:30-5:30pm with Coaches Dave and Alex
Long/Triple Jumps (Group 2): 5:30-6:30pm with Coaches Dave and Alex
*athletes in group 2 are to arrive early and warm-up
5:10-7pm *Throws* (Shot Put, Discus, Hammer) with Coach Nathan

Fridays -

8:00-10:00am *Track* is booked for Lions, open training

Sundays - all areas of TAAC are booked 5:00-7:30pm for Lions athletes

5:10-7pm *Throws* (Shot Put, Discus, Hammer) with Coach Nathan

START DATES:

High Jump - July 6

Long/Triple Jumps - July 2

Javelin - July 2

Track events - July 2

Hurdles - July 8

Throws - July 8

RJT #likeagirl age 11-14 - July 8

RJT age 8-11 - July 22

NOTES:

- All athletes, Coaches, volunteers must adhere to Covid Screening by a Safety Officer upon arrival. Masks are not mandatory but suggested if you choose
- Should construction begin at the TAAC grounds before our season ends we will be moving practices to other locations - using parks, soccer fields, the Cougar Dome, etc.
- On some occasions we may offer a practice at Stellarton or Halifax/Dartmouth area tracks. This will be optional and travel/any additional drop in fees will be the responsibility of the athlete.
- All athletes must register on-line via trackie and all athletes must be registered prior to their first practice. Payment arrangements can be made off-line if you prefer, click other as your payment option at the end and contact us.
- All athletes must be members of Athletics NS either as a full member (exp Dec 31) or training only (exp Aug 31). The new training only membership is just for individuals who only want to train this summer. *They will not be counted in any rankings nor will they be eligible for records or towards any team selections...*if they wanted to use a result for an event beyond it would not count as they are not full members. They will also not have an AC number. This is purely for insurance only. If they want to compete then they have to register as full members under Truro Lions