**ASEA (Athlétisme Sud-Est Athletics)**

Athletisme Sud-Est / South-East Athletics, **ASEA**, is proud to announce the 44th year we are offering track and field programs for athletes of all abilities and ages.

During that time ASEA has put athletes on 14 national teams, won over 115 national outdoor medals as well as another 38 national indoor medals.

2022 has been a great year for ASEA. We won 9 medals at the Athletics Canada Indoor Nationals. At the Legion Age Class Nationals ASEA made up 18 of the 36 members of the NB Provincial team. The team won 3 medals. Two of those were individual medals won by ASEA athletes. The 3rd was a relay and ASEA had a member on that team.

ASEA has over 300 members for 2022. This is 100% growth from our previous largest year.

The ASEA track and field club offers a variety of programs to suit all age groups and skill levels. Our team of experienced coaches work with athletes on developing skills and experience in track & field. We focus on improving strength, agility and speed in running, jumping and throwing. Athletes have the opportunity to compete in a number of meets locally, in NB, Atlantic region and some throughout Canada.

**Ages 6-10: Run Jump Throw**

An introductory program for children ages 6-10. It is offered as three 14 practice sessions spread throughout the year. Our older athletes are instructors.

**Ages 6-11: Trail Blazers**

This was a new program in 2022. It was offered at seven different locations. It is a once week for four weeks to enable children to see our sport close to their home.

**Ages 12 +: Athlete Development**

For athletes ages 13 and over, and for slightly younger children who are ready to train and compete regularly, ASEA provides training to help them develop in their events of choice and access to the many competitive events throughout the province and region. There will be a variety of training plans for this group. The plan for each athlete will depend on their experience, events & regular practices they can attend. Four training sessions are held per week.

Within this program are also athletes who are senior, masters and para.

This enables ASEA to be a community club for the entire family.

Indoors

Monday - 5-7pm

Tuesday - 5 - 7:30pm

Friday - 5-7pm

Saturday - 9-11am

Outdoors

TBA

[**Registration**](http://www.trackiereg.com/2018SJTC)

All interested athletes are welcome to meet with our club for weekly practices and are welcome to register after a particular season has started. An athlete must register to attend a second week of practice sessions in order to continue participating. Look for current registration and program information below or on our FB page. You can also email us at stuart@nbnet.nb.ca

Registration is required for all athletes who wish to join ASEA. Registration is done ONLINE. All fees are due and payable to ASEA at the second week of sessions attended.

All ASEA athletes must be a member of Athletics NB “ANB” (membership is valid for one calendar year).This membership can be obtained at the same time as you register for ASEA. If you are already a member, the system will not charge you for this portion, if you can provide your membership number. You can verify your membership status online at anb.ca. All information with regard to member benefits to ANB can be found at anb.ca.

Athlete Development Program:

·Fees are $150 for the outdoor season (May to October)

- Fees are $150 for the indoor season (November to April)

- Fees are $250.00 for the entire year

·ANB fees are $50.00 for a full calendar year

These fees do not include a U de M CEPS Membership while indoors, this fee is independent of us and we have no say in, and are required to access the facility.

**Events**

For up to date information on events, including all registration information, see ANB: [www.anb.ca/Calendar](http://www.anb.ca/Calendar) .

**Questions**

For more information on our current programs and opportunities please contact us at stuart@nbnet.nb.ca