



# Cross Country / Track & Field

## 2023 Fall Season

### Starting Sept 11<sup>th</sup>

Starting in Sept, the Saint John Reds Track Club will once again provide weekly training sessions. Athletes are welcome to attend one or all the sessions held each week.

<u>Program</u>	<u>Dates / Days</u>	<u>Times &amp; Location</u>	<u>Club Fee For Season</u>	<u>Athletics NB Fee</u>
<b>Beginner Cross Country</b> (ages 7-10) - Introductory running program geared to Cross Country Season - ABC'S – Agility/Balance/Coordination/Speed - Play based programs - Emphasis on fun, skill building and fitness. - Basic skills - warm up/stretching/cool down - Complimentary to participation in other sports	<b>Sept 11 – Oct 19</b> <b>Monday &amp; Wednesday</b>  <b>6 weeks</b>	5:30-6:30 pm  Lily Lake	\$100	Included
<b>Cross Country Training Program</b> - (athletes ages 11+) A Cross Country training program geared for a range of ages. Open to anyone wanting to compete in school, provincial or regional cross-country competition.  For athletes wanting to compete in Cross-Country competitions (if there are any) schedules will be provided opportunity to extend your training to those events.	<b>Sept 11 – Oct 19</b> <b>Monday &amp; Wednesday</b>  <b>6 weeks</b>	5:30-6:30 pm  Lily Lake	\$100	+ ANB
<b>Track &amp; Field Power Speed, Jumps &amp; Throws</b> – A power speed throws & Jumps training program geared for a range of ages. For anyone wanting to prepare for indoor track season events in fall and winter	<b>Sept 11 – Oct 30</b> <b>Monday &amp; Wednesday</b>  <b>8 weeks</b>	5:30-7:00pm  UNBSJ	\$150	+ ANB

Athletics NB fees of \$50+/- covers all of 2023 including indoor track, outdoor track, and cross-country seasons.

Times may be subject to change due to weather or coach's scheduling. You may attend as many sessions as you are able. Individual coaches may add sessions from time to time as they see fit. Coaching positions and responsibilities will be finalized and confirmed prior to program start date.

**Register online at this link:** [Fall 2023 Registration](#)

**For more info contact:**

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