

## FALL 2023 PROGRAM PRACTICE SCHEDULE

(before registering, please review details on each program on our website [HERE](#))

### **JUNIOR DEVELOPMENT (JD) CROSS COUNTRY: U14 - U10 (ages 9-13, born 2010 - 2014)**

COACHES: Peter Sinclair, Stephanie Mills, Rob English, Jayden Watson, Graham Hill

START DATE: Tuesday, September 5

END DATE: Thursday, November 9

PRACTICE SCHEDULE: Tuesdays + Thursdays 4:00 - 5:00pm

FEE: \$125.00

### **TRACK RASCALS Ages 6 - 8 (Born 2015-2017)**

COACH: Kim Cameron

START DATE: Thursday, September 7

END DATE: Thursday, September 28

PRACTICE SCHEDULE: Tuesdays + Thursdays 5:00 - 5:45pm

FEE: \$56.00