

**HIGH SCHOOL CROSS COUNTRY / ENDURANCE**

**U16 - U20 (born 2004 - 2009)**

This program is for high school-aged athletes competing in CROSS COUNTRY and MIDDLE DISTANCE track + field events. In the Fall, this group trains for cross country competitions on local trails and the track. Following the xc season, training transitions to preparation for the spring track + field season. Some indoor competition opportunities may be available in the winter. There will be a break in training during Christmas.

This multi-season program is for athletes who wish to maximize their potential in cross country and middle distance track + field events with training 3 times per week, or more for senior athletes. Coaches send out a weekly plan designed to progress each individual athlete to their peak performance in time for competition season.

**COACHES: Tyler Heisterman, Win Myint**

**START DATE: Tuesday, September 5, 2023**

**END DATE: July 12-14 (BC Athletics Track + Field Jamboree)**

**TRAINING SCHEDULE: Tuesdays + Thursdays 4:30 - 6:00PM; Saturdays 9:30 - 11:00AM**

**LOCATION: Rotary Bowl, Westwood Lake, other**

**FULL YEAR MEMBERSHIP FEE: \$700.00**

**(the above fee includes 2024 BC Athletics competitive membership plus event fees for NTFC-hosted Elwood Wylie Meet at the end of May).**

**SPRING TRACK + FIELD 2024 ONLY: \$450.00** (subject to increased rate in 2024). The spring track + field season starts March 2, 2024 and registration will for this program will open in early February. This program is for athletes who may be active in other fall sports but are interested in focusing on the high school track season in spring.

**HIGH SCHOOL SPEED + POWER**

**U16 - U20 (born 2004 - 2009)**

This program is for high school-aged athletes interested in SPEED/POWER events which includes sprints (100m-400m), hurdles, jumps, throws and multi-events (pentathlon, decathlon). The fall/winter months are used to build a base for more event-specific training that begins in the new year. Some indoor competition opportunities may be available. Fall/winter group training at the track takes place 3 times per week and includes strength, plyometrics, medicine ball, mobility and speed mechanics. In the new year, the training becomes more event-specific.

Training for the spring/summer competition season begins in early March and carries through the high school track + field season until the provincial Jamboree in July (and longer for those who are selected to BC Teams.)

**COACHES:** Mike Viers (sprints, jumps, combined events), Wanda Urbanowicz (sprints, hurdles), Sven Donaldson (pole vault); Ann Polman-Tuin + Bernie Katzberg (throws)

**START DATE:** Tuesday, October 3, 2023

**END DATE:** July 12-14 (BC Athletics Track + Field Jamboree)

**TRAINING SCHEDULE:** Tuesdays + Thursdays 4:15 - 5:45pm; Saturdays 9:30 - 11:00am (other times may be scheduled depending on coach availability.)

**LOCATION:** Rotary Bowl

**FULL YEAR MEMBERSHIP FEE: \$700.00**

**SPRING TRACK + FIELD 2024 ONLY:** \$450.00

The spring track + field season starts March 2, 2024 and registration will for this program will open in early February. This program is for athletes who may be active in other fall sports but are interested in focusing on the high school track season in spring.