

# Fall Program

2024 has been a great year for ASEA. We won the indoor & outdoor Provincial Club Championship. We sent 17 athletes, and three coaches, to Legion Youth Nationals. New Brunswick won 7 medals, ASEA captured 6 of them. The medals were:

Claire Gromack - gold - hammer - U16 & U18 Provincial records. Top throw in Canada for 2024. She also won a bronze in the shot.

Orandy Campbell - gold - 100m hurdles - U16 Provincial record. 2nd best time for 2024. He ran much faster, but it was slightly wind assisted.

Audree LeBlanc - silver - shot - Provincial record. 2nd best throw for 2024.

Dylan Reddy - bronze - shot

Juliana Lemaire - bronze - 2000m steeplechase

Our high school program brought over 250 athletes to practices twice a week for 5 weeks. Over 130 of these athletes qualified for NBIAA Provincials. Harrison Trimble won Provincials followed closely by MacNaughton. A school, helped by ASEA, has won Provincials for the last three years.

This Fall ASEA has some exciting programs.

**Athlete Development** - This is for ages 13+. Sprinters, hurdles & jumpers will train mostly on fitness, power & some technical work. Throwers will do mostly the same. Every Monday they will work on throwing technique. Distance runners will be training for & competing in cross country season.

Practice times: Monday - 5-7pm - Dieppe track

Tuesday - 5- 7:30pm - J track

Thursday - 5- 7:30pm - J track

Saturday - 10am - 12noon - variety of locations. Usually Mill Creek Park or the J track.

The first practice is on Tuesday September 3rd.

**Junior Development** - This is for ages 11-13. This will be for those interested in training for & competing in cross country season.

Practice times: Tuesday - 5- 7:30pm - J track

Thursday - 5- 7:30pm - J track

The first practice is on Thursday September 5th.

## Current Cross Country Competitions

September 14 - Hampton Cross Country Series - Hampton

September 27 - Hampton Cross Country Series - Hampton

October 5 - MacNaughton Centipede Race - Centennial Park

November 3 - ANB XC Championship - Rotary Park - Dieppe- hosted by  
ASEA

### **Registration**

Anyone new to ASEA will need to register. The cost is \$75.00, ASEA fee, and \$60.00, ANB fee.

### **Indoor Season**

Our indoor season will begin near the end of October. 2025 year fees will be accepted starting in November.