

2018 Spring Competitive Training Program

Dates: April 20 to June 16

- The Competitive Training Practices are workouts designed for the competitive athlete.
- Cost: \$20.00 - covers the registration fees to the Twilight Meet in Sudbury, the Nipissing Invitational, and the District H Meet.
- Join up at any time over the 2 ½ month training period.
- For newcomers to NBLTC: the athlete information form may be printed off the website or picked up at your first workout.
- Returning athletes: check your Athlete Information Sheet we have on file for any changes at your first practice.
- Athletes are encouraged to attend as many workouts as possible. The workouts are designed to complement their schools training programs.
- Click the Calendar tab for the training times and locations.
- Travel costs are covered for the Spring T & F Meets as long as the athlete travels on the bus with the team (parents are invited to join the team on the bus pending space). Parents are also welcome to drive their own son or daughter. Refer to the 'Spring Meets 2018' on the website for the track and field events being offered at each of the meets.