

# 2019 Spring Competitive Training Program

**Dates: April 26<sup>th</sup> to June 21<sup>st</sup>**

- The Competitive Training Practices are workouts designed for the competitive athlete.
- Cost: \$20.00 - covers the registration fees to the Black Fly Meet in Sudbury, the Nipissing Invitational in North Bay, the District H Meet in Sudbury, and the Twilight Meet in Sudbury.
- Interested athletes born in 2010 or earlier are welcome.
- Join up at any time over the 2½ month training period by just showing up to a practice.
- 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 the training programs offered by the athlete's schools.
- Click the Calendar tab on the website for the training times and locations.
- Travel costs are not covered for the Black Fly Meet. Parents will need to transport their son/daughter to this meet.
- Travel costs are covered for all other Spring T & F Meet's 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 2019' on the website for the track and field events being offered at each of these meets.