

## 2017 Spring/Summer Programs

### Spring Competitive Training Program – April 21<sup>st</sup> to June 28<sup>th</sup>

- Cost: \$20.00 - covers the registration fees to the Twilight Meets in Sudbury, the Nipissing Invitational, and the District H.
- Age Group: 8 years old and older
- Join up at any time over the 2 ½ month training period. The athlete information form may be printed off the website or picked up at your first workout.
- The Competitive Training Practices are workouts designed for the competitive athlete.
- Athletes are encouraged to attend as many workouts as are needed to compliment their school training programs.
- Click the Calendar tab for the training times and locations.
- All travel costs are covered for all 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).

### Summer Camp Program – 4 separate weeks beginning July 3<sup>rd</sup> to July 28<sup>th</sup>

- Click the Summer Camp 2017 tab for all the information and the Summer Camp Registration Form. **Please note that the Camp is being held at WJ Fricker School.**

### Elite XC Running Program (July 4<sup>th</sup> to August 31<sup>st</sup> – every Tuesday and Thursday)

- Age Group: The athlete must be going into Grade 8 or older.
- There is not cost.
- Click the Calendar tab for the training times and locations for July and August.
- Contact the XC Running Program Coordinator Jon Pratt at: [jp.ppf@hotmail.com](mailto:jp.ppf@hotmail.com) for any further information.