

## **Riversdale Athletics Club Cross Country/Middle Distance Group**

Coach: RossAnn Edwards: 227-9213 [rossannedwards@gmail.com](mailto:rossannedwards@gmail.com)

Ast. Coach: Graham Fast: [grayjo@sasktel.net](mailto:grayjo@sasktel.net)

**Start Date: Monday, Aug. 28, 2017—behind Lakewood Civic Center**

### **Practice times:**

**Younger ages (Peewee/Bantams) 4:30 – 6pm Mon/Wed/Fri.**

**Older ages (midget and older) 4:30 – 6:30pm Mon, Wed., Fri.; Sat. 9:30 - 11am**

There will also be a **few water running sessions (see venue schedule)** at Harry Bailey Aquatic Center 4:30 – 5:15pm. Cost is \$5/session - Bring the \$5, and swimming gear to each session. Water running instruction will be provided.

**Strength instruction/training** will be held at Craven Sport Services for those (older group) planning to run indoor/outdoor track. Strength times are being finalized, but right now are scheduled for Saturdays 2 - 3pm and on Wednesdays 6 – 7pm. Cost will be approximately \$10/session, but will depend on the numbers. Ask RossAnn for start date.

**Off day runs for the older group** will be provided by the coach.

### **Registration in Riversdale Athletics Club:**

**If you are planning to run indoor and outdoor track in 2017/2018, registration, that includes your cross country participation, will take place on September 12, 7 – 9pm, Saskatoon Fieldhouse, or you can register online.**

**See [Riversdaleathletics.ca](http://Riversdaleathletics.ca) for registration info.**

**Cross Country Registration ONLY: those planning on participating only in cross country running and not indoor/outdoor track- I will have registration forms available at track. Cross Country, only, is \$100 and applicable Sask Athletics fees.**

**Welcome to the middle distance group.** We will be training outside during Sept. and Oct. doing base training for track season and cross country training for those wanting to compete in cross country events. Please see the listing of cross country events scheduled for Sept., Oct, and Nov. As you will see on the training venues information, we train at various outdoor locations for cross country. This is so we can build strength through hill running as well as train on different terrains that are representative of the race venues. We will not train outdoors in the pouring rain; however, if light showers are intermittent, we will have practice. Contact me (306-227-9213) if you are unsure.

Indoor training begins in the Saskatoon Fieldhouse on November 1.

If you want to compete in cross country races, let me know and **I will register you** with the Riversdale Athletics team. The cost per event is minimal (usually - \$10). For those running cross country only, I will have a Riversdale singlet available for you on loan. Others can purchase a singlet upon registration (\$60).

If you know that you are not going to be training on certain days, please let me know. Also, if you are involved in other sports, please inform me of the other training you are doing and when. If you have an injury or “hurt” somewhere, please inform me.

You will need:

- a good pair of running shoes that are for running only
- a pair of distance spikes (for older group)
- a watch that takes splits
- a filled water bottle
- a recovery snack (protein and carbohydrate), to eat within 20 min post workout
- clothing that is appropriate for all weather (shorts, top, sweats, jacket, hat, mitts, extra socks, bug spray). **Bring sweat pants and spikes to all practices.**

**If you have any questions related to training or competing, please speak with me. If there are any parents interested in pursuing coaching with the club, or just assisting, please let me know. Help is needed!**

*We strive to provide a developmentally appropriate, safe, supportive, fun and challenging atmosphere for our athletes. Whether you are just starting track and field, you are very experienced, you are 10 years old or a masters- aged athlete, you are important to us and deserve our attention!*

## Riversdale Athletics Club Cross Country competitions - 2017

<u>Date</u>	<u>Event</u>	<u>Location</u>
Fri... Sept. 8	High School mini meet fun run (won't do)	
Wed.. Sept. 13	High School mini meet	
	Diefenbaker Park, 4:15	
Sat. Sept. 16	Regina Cougar Trot	Regina (optional)
Tues.. Sept. 19	High School mini meet	Bethlehem
	High School, 4:15pm	
Wed. Sept. 27	High School pre-cities	Lakewood,
	4:15pm	
Sat., Sept. 30	Sled Dpg Open ONLY for those not racing in HS cities	
	Victoria Park	
Wed. Oct. 4	High School City Championships	Lakewood 4:00pm
Sat. Oct. 14	High School Provincial Championships	Turtleford
Sat. Oct. 21	Sk Age Class Provincial Championships all ages	Yorkton
?	Alberta Age Class Championships (all ages)	? may race
Saturday, Nov. 25	National Championships (Youth, Jr. & Sr.)	
	Kingston, Ont.	

Please let RossAnn know if you are interested in competing at Nationals as we will be taking a Riversdale team. Early booking of flights will be cheaper. If anyone can confirm dates/times for elementary and catholic cities, please provide me with details.

**Age categories for Club Cross Country (valid until Jan 1/2017)**  
**PeeWee (born 2006 or later) Junior (born 1999/98)**

**Bantam (born 2005-04)**  
**earlier)**  
**Midget (born 2003-02)**  
**Youth (born 2001-00)**

**Senior/Open (born 1997 or**