

**Riversdale Athletics Club
Sprints/Hurdles/Jumps**

Coaches:

Chris Schneider – Lead Sprints & Lead Jumps

Schneider.ces@gmail.com

(C): 306-341-0052

Jared Olson – Lead Hurdles & Assistant Sprints

Jared.Olson@usask.ca

(C): 306-381-4521

Ryan Graf – Assistant Sprints/hurdles

Ryan.Graf10@gmail.com

Landon Hretsina – Assistant Sprints

Lhretsina@hotmail.com

Tanika Hutchinson– Assistant Sprints

tanikamari3@gmail.com

Morgan Hedman– Assistant Sprints

Welcome Riversdale's Sprint/Hurdle/Jumps Group! Throughout base training and the indoor/outdoor seasons, all of the speed/power athletes train as a collective. We believe strongly in building a cohesive group of athletes, who work together and motivate each other to strive for excellence.

Base Training (Conditioning):

Start Date: September 24th, 2019

- All athletes will begin training this day
 - **Exception:** *Legion Nationals/ Western Canada Summer Games Competitors (Start Date: October 8th, 2019).*

Locations: [TBD – weekly emails will be sent out informing athletes of location(s)]

- Practices will take place outdoors at a number of different locations:
 - Grass fields outside of Griffiths Stadium
 - Gabriel Dumont Park
 - Griffiths Stadium Parkade

Practice Times: 4:30 – 6:00

Practice Days:

- Weeks 1 and 2: Tuesday + Friday
- Week 3 onwards: Tuesday + Wednesday + Friday

Weather: **DRESS FOR THE WEATHER!!!**

- Pants
- Multiple Layers
- Proper Running shoes (spikes will not be necessary until we move indoors)
- Watch (simple start and stop works just fine)
- Water bottle (full – fountain available is limited)
- Mitts, gloves, toques, etc.
- **Pouring rain + thunderstorms will result in practice cancellations.**
- **Practices will continue through light rain**

Cancellations: Check your Email

***** Any Cancellations will be sent out via email, between 2-3 p.m. (or as soon as possible) *****

*** Goal of Base Training ***

As a coaching staff we believe that base training plays a fundamental role in developing an athlete for the upcoming track and field season (indoor & outdoor). Athletes will be developing strength and speed, as well as cardiovascular endurance as a means of “getting into shape” before moving indoors on **November 1st, 2019**. Athletes are encouraged to attend base training, but if they play other school sports (i.e. volleyball, basketball, football, etc.) then limited attendance is perfectly acceptable – communicate with the coaching staff about what sports are being played, how often, etc., and then an adequate base training schedule can be developed.

Indoors Season:

Start Date: November 1st, 2019

Location:

- Saskatoon Field House

Meeting Location:

- Western corner by long jump pits

Practice Times: 4:30 – 6:30

Practice Days:

- Tuesday + Wednesday + Friday + Saturday (**Youth Athletes and above ONLY**)
 - Coaches will confirm with athletes if they should be attending Saturday practices
- Sprints – All training Days
- Jumps – Wednesday’s (5:00 – 5:45 Long/ Triple Jump) & (5:45-6:30 High Jump)
- Jumps – Friday’s (5:00 – 5:45 High Jump)
- Hurdles – Monday’s + Wednesday’s + Friday’s

Practice Gear:

- Proper Warm-up Gear (bunny hug/ long sleeve and pants – spandex does not count)
- Proper running shoes (training flats)
- Sprinting Spikes (consult coaches before purchasing)
- Watch (Timex style)

- Water bottle

Cancellations: Check your Email

*** Any Cancellations will be sent out via email, between 2-3 p.m. (or as soon as possible) ***

Outdoors Season:

Start Date: May 1st, 2020

- We will be training indoors until May 1st unless weather permits training outside at an earlier date.

End Date: Last week of July, 2020

- **Exceptions: athletes competing at Legion Nationals or Western Canada Summer Games**

Location:

- Gordie Howe Sports Complex

Meeting Location:

- Southern Corner (tree shaded area) across from pole vault pits/ steeplechase pit

Practice Times:

- 4:45 – 6:45

Practice Days:

- Tuesday + Wednesday + Friday + Saturday (**Youth Athletes and above ONLY**)
 - Coaches will confirm with athletes if they should be attending Saturday practices
- Sprints – All training Days
- Jumps – Wednesday's (5:00 – 5:45 Long/ Triple Jump) & (5:45-6:30 High Jump)
- Jumps – Friday's (5:00 – 5:45 High Jump)
- Hurdles – Monday's + Wednesday's + Friday's

Practice Gear:

- Proper Warm-up Gear
- Shorts, T-shirt
- Proper Shoes (training flats)
- Spikes (Event Specific – consult coach(es) before purchasing)
- Water bottle(s)
- Hat + Sunscreen & bug spray
- Watch (Timex style)

Cancellations: Check your Email

*** Any Cancellations will be sent out via email, between 2-3 p.m. (or as soon as possible) ***

Supplementary Training: Strength Training

Throughout the training seasons (base, indoors and outdoors), youth athletes (16 years of age) and older will have the opportunity to take part in strength training (weights) sessions. Sessions will take place on Tuesday's and Saturday's. Coaches will confirm with athletes who would benefit from the addition of strength training. **Location/ Facility/ Start Dates/ Cost \$\$\$ - TBD.**