

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

Coach: RossAnn Edwards: 227-9213 [rossannedwards@gmail.com](mailto:rossannedwards@gmail.com)  
Assistant. Coach: Brammon Edwards: bramedwards@hotmail  
Assistant Coach: Davis Guenther  
Helper: Graham Fast

### **Mid-Distance/Cross Country**

**Welcome to the cross country/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 Coach RossAnn with any questions (306-227-9213).

#### **Start Date:**

#### **Cross Country/Base Training:**

- **Wednesday, Aug. 28, 2019, 4:30pm – 6:15pm-**
- **behind Lakewood Civic Center**

**Track Indoor training: November 1, Saskatoon Fieldhouse**

#### **Practice times:**

**Younger ages (U14's) 4:30 – 6pm Mon/Wed/Fri.**

**Older ages (U16 and older) 4:30 – 6:15pm Mon, Wed., Fri.; Sat. 9:30 - 11am**

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

- A weekly email is sent to the mid-distance group with practice times and venues

#### **Strength & Conditioning**

- will be held at Craven Sport Services Training Centre (632 1<sup>st</sup> Ave. North) for those (U16 & older). Strength times are scheduled for Tues & Thurs. 7 – 8pm; if enough there will be an 8 – 9pm session as well. Cost will be approximately \$10/session, but will depend on the numbers. Start date is Sept. 10, 2019.

#### **Water Running**

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

### **You will need:**

- a good pair of training shoes that are for running only
- a pair of distance spikes (for older group)
- a watch that takes split times
- 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 indoor and outdoor practices.**

### **Cross Country/Base Training Venues** – see end of document

**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 plus applicable Sask Athletics fees.

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.

**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!**

### **Riversdale Athletics Club Cross Country competitions - 2019**

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location</u></b>
Fri... Sept. 6	High School fun run (won't do – regular practice)	
Wed.. Sept. 11	High School mini meet 1	Difembaker Park, 4:15
Sat. Sept. 14	Regina Cougar Trot – may go as team TBD	Regina
Tues.. Sept. 17	High School mini meet 2	Victoria Park, 4:15pm
Wed. Sept. 25	High School pre-cities	Lakewood, 4:15pm
Sat., Sept. 28	Sanderson Open ONLY for a few, not racing in HS cities	
Wed. Oct. 2	High School City Championships	Lakewood 4:00pm
Sat. Oct. 12	High School Provincial Championships	Prince Albert
Sat. Oct. 19	Sk Age Class Provincial Championships	Yorkton
	all ages, everyone participates	
Sat., Oct 26	Stewart Cup (maybe participate)	Edmonton
Saturday, Nov. 30	National Championships (Youth, Jr. & Sr.)	Abottsford, BC

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 Dec. 31/2019)**

U12 (born 2008 or later)

U20 (born 01/00)

U14 (born 06/07)

Senior/Open (born 1999 or earlier)

U16 (born 05/04)

Masters (35 years+)

U18 (born 03/02)

## **Cross Country Venues 2019- Schedule 1**

Mon/Wed/Fri – U12/U14: 4:30 – 6:00

U16 and older: 4:30 - 6:15 – 6:30

Saturdays

U16 and older: 9:30 – 11am (may be adjusted)

**Wed., Aug. 28**

**behind Lakewood Civic Center**

**Fri., Aug. 30**

**Victoria Park (by skateboard park)**

**Sat., Aug. 31**

**Gabriel Dumont Park (by play structure)**

**Mon., Sept. 2**

**Gabriel Dumont Park**

**Wed., Sept. 4**

**behind Lakewood Civic Centre**

**Fri., Sept. 6**

**Diefenbaker Park (mile time trial)**

**Sat., Sept. 7**

**Gabriel Dumont Park**

**Mon., Sept. 9**

**Gabriel Dumont park**

**Wed., Sept. 11**

**High School minimeet 1**

**Diefenbaker. Others meet at Diefenbaker bathrooms.**

**Fri., Sept 13**

**Victoria Park**

**Sat., Sept. 14**

**Cougar Trot, Regina Must find own transportation (optional; but suggested) OR**

**TBD practice for all others**

**Mon., Sept. 16**

**Victoria Park**

**Tues., Sept. 17**

**High School minimeet2Victoria Prk**

**Wed., Sept., 18**

**water running TBD**

**Fri., Sept. 20**

**Gabriel Dumont**

**Sat., Sept. 21**

**Gabriel Dumont**

**Mon., Sept. 23**

**Diefenbaker Park**

**Wed., Sept. 25**

**High School Pre-cities Lakewood**

**Sat., Sept. 28**

**Sanderson Open event (Saskatoon)**

**we will discuss entries**

**Mon., Sept. 30**

**Lakewood Park**

**Wed., Oct. 2**

**HS City Championships Lakewood**

**Others, run OYO TBD**

**Schedule 2 will be sent out the week of Oct. 1.**