

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

Coaches: RossAnn Edwards: 978-4256; 227-9213 [rossannedwards@gmail.com](mailto:rossannedwards@gmail.com)

**Practice times:**

**Younger ages (born later than 2001) 4:30 – 6pm Mon/Wed/Fri. until Sept. 30, then Fridays are dropped for this group and Sat. practices 9:30 – 11am are added (Oct. 3).**

**Older ages (born 2001 and earlier) 4:30 – 6:30pm Mon, Wed., Fri.; Sat. 9:30 - 11am**  
On Oct. 2, this group will change the run workout to **water running** at Harry Bailey Aquatic Center 4:30 – 5:30pm. Cost is \$5/session - Bring to each session.

**Strength instruction/training** will be held at Craven Sport Services for those (older group) planning to run indoor/outdoor track. Strength will be held on Saturdays 2 - 3pm (starting Sept. 19) and on Wednesdays 7 – 8pm starting Sept. 23. Cost will be approximately \$10/session, but will depend on the numbers. (\$10 is the maximum)

**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 2015/2016, registration, that includes your cross country participation, will take place on September 8 & 9, Saskatoon Fieldhouse, 7:30 – 9pm. 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 (attached as well).**

**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, 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 2.

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.

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),
- a stretch cord
- clothing that is appropriate for all weather (shorts, top, sweats, sweats. jacket, hat, mitts, extra socks, bug spray)

**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 - 2015

<u>Date</u>	<u>Event</u>	<u>Location</u>
Wed.. Sept. 9	High School mini meet (won't do)	
Sat. Sept. 12	U of Regina Cougar Trot (will not do as a team)	Regina (individuals can enter on their own if they choose)
Wed. Sept. 16	High School mini meet	Diefenbaker Park 4:15pm
Wed. Sept. 23	High School mini meet	Victoria Park 4:15pm
Wed. Sept. 30	High School pre-cities	Lakewood 4:15
Sat., Oct. 3	U of S Sled Dog: no info is available yet as to age groups offered	
Wed. Oct. 7	High School City Championships	Lakewood 4:00
	Catholic Elementary City Championships - to be confirmed	
Sat. Oct. 17	High School Provincial Championships	Saskatoon - Lakewood
Saturday, Oct. 25	Alberta Age Class Championships (all ages)	Wetaskiwin, Alta
Saturday, Oct. 31	Stewart Cup (Alberta Senior Championships)	Edmonton
Saturday, Nov. 28	National Championships (Youth, Jr. & Sr.)	Kingston, Ont.

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 1/2016)

**PeeWee (born 2004 or later)**

**Junior (born 1997/96)**

**Bantam (born 2003-02)**

**Senior/Open (born 1995 or earlier)**

**Midget (born 2001-2000)**

**Youth (born 1999-98)**