

Riversdale Athletics Club Cross Country/Middle Distance Group

Coach: RossAnn Edwards: 227-9213 rossannedwards@gmail.com
Ast. Coach: Graham Fast: grayjo@sasktel.net
Ast. Coach Morgan Hedman: morgan.hedman.sk@gmail.com
Ast. Coach: Brammon Edwards: bramedwards@hotmail.com

Start Date: Friday, Aug. 24, 2018—behind Lakewood Civic Center

Practice times:

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

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

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.

Strength & Conditioning will be held at Craven Sport Services for those (midget & older) planning to run indoor/outdoor track. Strength times are scheduled for Saturdays 2 - 3pm and on Wednesdays 7 – 8pm.

Cost will be approximately \$10/session, but will depend on the numbers.

Start date is October 15, 2018.

The Location of practices is at the end of this document

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 2018/2019, registration, that includes your cross country participation, is done online:

www.trackiereg.com/RIVA

JOIN US for a Meet & Greet the Coaches & a Sundae Social

Thursday, Sept. 6, 6:30 - 8:30pm

Meeting Room 1

Saskatoon Fieldhouse

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 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 me (306-227-9213) if you are unsure.

Indoor training begins in the Saskatoon Fieldhouse on November 1 (2nd for us).

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 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 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 - 2018

| <u>Date</u> | <u>Event</u> | <u>Location</u> |
|-------------------|---|--------------------------------|
| Fri... Sept. 7 | High School mini meet fun run (won't do - regular practice) | |
| Wed.. Sept. 12 | High School mini meet 1 | Diefenbaker Park, 4:15 |
| Sat. Sept. 15 | Regina Cougar Trot - we may go as team TBD | Regina |
| Tues.. Sept. 18 | High School mini meet 2 | Bethlehem High School, 4:15pm |
| Wed. Sept. 26 | High School pre-cities | Lakewood, 4:15pm |
| Sat., Sept. 29 | Sled Dpg Open ONLY for those not racing in HS cities | Victoria Park |
| Wed. Oct. 3 | High School City Championships | Lakewood 4:00pm |
| Sat. Oct. 13 | High School Provincial Championships | ? |
| Sat. Oct. 20 | Sk Age Class Provincial Championships all ages | Yorkton - everyone participate |
| Saturday, Nov. 24 | 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 1/2019)

PeeWee (born 2007 or later)

Junior (born 2000/99)

Bantam (born 2006-05)

Senior/Open (born 1998 or earlier)

Midget (born 2004-03)

Masters (35 years+)

Youth (born 2002-01)

Riversdale Cross Country Venues 2018- Schedule 1

Mon/Wed/Fri - 4:30 – 6:00 peewee/bantam

6:15 – 6:30 midget and older

Saturdays 9:30 – 11am (may be adjusted)

Friday, Aug. 24

behind Lakewood Civic Center

Mon., Aug.28

Victoria Park (by skateboard park)

Wed., Aug. 29

Diefenbaker Park (meet behind washrooms)

Fri., Aug. 31

Gabriel Dumont Park (by play structure)

Sat., Sept. 1

**Long run OYO midgets 40 min/
youth 60/Jrs 70**

Mon., Sept. 3

Victoria Park (by skateboard park)

Wed., Sept. 5

Gabriel Dumont Park

Fri., Sept. 7

Lakewood park

Sat., Sept. 8

Meet at Eagle Ridge (turn off Hwy41)

Mon., Sept 10

Victoria Park

Wed., Sept. 12

**Diefenbaker HS mini meet &
practice for all others**

Fri., Sept. 14

Gabriel Dumont Park

Saturday, Sept., 15

**Cougar Trot, Regina Must find own
transportation (optional; but
suggested for everyone) OR
Run on your own (oyo)**

Monday, Sept. 17

**water running Harry Bailey Aquatic
Center (bring \$5) 4:45 – 5:15**

Tues., Sept. 18

**Bethlehem School mini meet; others
run OYO 20 – 40 min and strides**

Wed., Sept., 29

Diefenbaker Park

Fri., Sept. 21

Victoria Park

Sat., Sept. 22

Meet at Eagle Ridge (turn off Hwy41)

Mon., Sept. 24

Lakewood Park

Wed., Sept. 26

Lakewood Park HS pre-cities

Others, run OYO TBD

Fri., Sept. 28

Gabriel Dumont

Sat., Sept. 29

**Sled Dog race, Victoria Park only
for those older or younger than high
school**

**High school athletes: aerobic run as
group TBD**

Mon. Oct. 1

Lakewood Park

Wed, Oct 3

Lakewood HS cities

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