

## **Sprint Racing – Fall Training**

NBCC offers Fall Training programs for High Performance(U18,U16 and some U14), Development(U14 and some U12) and Novice (new to Sprint racing) athletes. The High Performance program involves 6-10 on-water practices per week, both before and after school and on Saturday mornings. Development athletes will practice 4-6 times per week after school and on Saturday mornings. Novice Athletes will practice twice after school each week and once on Saturday mornings. Dryland aerobic and strength training workouts will also be included in the weekly workout schedule.

### **High Performance**

**Dates:** September 7 – October 23, 2020  
**Practice Hours\*:** 6:00 to 8:00am, 4:45 to 6:30 pm Monday to Friday  
9:00 to 11:00 am Saturday  
**Ages:** U16: Born in 2004 or 2005 or later  
U18: Born in 2002 or 2003  
**Fee:** \$200.00

### **Development**

**Dates:** September 7 – October 23, 2020  
**Practice Hours\*:** 4:45 to 6:30 pm Monday to Thursday  
9:00 to 11:00 am Saturday  
**Ages:** U12: Born in 2008 or 2009  
U14: Born in 2006 or 2007  
**Fee:** \$150.00

### **Novice**

**Dates:** September 7 – October 3, 2020  
**Practice Hours\*:** 4:45 to 6:30 pm Tuesday and Thursday  
9:00 to 11:00 am Saturday  
**Ages:** Anyone born in 2011 or earlier with only one or two summers of Sprint racing experience  
**Fee:** \$100.00

\*Practice hours to be confirmed prior to start of Fall Training based on registration numbers and ability for athletes to participate.