

## Sprint Racing – Winter Training Program

This program is intended for competitive athletes in the U18, U16, U14 and U12 age categories who want to work on improving their strength, flexibility, aerobic capacity and technique over the winter to and prepare for next season. Programs are available to all age categories at three levels of training intensity: High Performance for athletes training for competition at the national and international level, Development for athletes who are either new to the sport or training to compete at the regional and provincial level and Novice for athletes who are either new to the sport, involved in other sports and are not able to train at the Development level or U12 athletes who are not yet ready for strength training. Activities include strength training at the club, Cross Country Skiing, Running, Swimming, Stretching and Erg/pool paddling.

<b>Dates:</b>	November 9 2020 – May 1, 2021
<b>Practice Hours*:</b>	
High Performance:	8 – 10 workouts per week at one of the following times 7:00 to 8:00 am Monday to Friday 4:45 to 6:30 pm Monday to Friday 9:00 to 11:00 am Saturdays, Sundays
Development:	3– 5 workouts per week as determined by the Head Coach at one of the following times : 4:45 to 6:30 pm Monday to Friday 9:00 to 11:00 am Saturdays
Novice:	1 – 3 workouts per week as determined by the Head Coach at one of the following times: 4:45 to 6:30 pm Monday, Wednesday 9:00 to 11:00 am Saturdays
<b>Ages:</b>	U12: Born in 2008 or 2009 U14: Born in 2006 or 2007 U16: Born in 2004 or 2005 U18: Born in 2002 or 2003
<b>Fees:</b>	
High Performance:	\$600.00
Development:	\$400
Novice:	\$250
	(includes all program, insurance, and sport affiliation fees, additional fees may apply if third party facilities are required)

\*Practice hours may change depending on registration numbers.