

GENERAL INFORMATION FOR THE 2012 YEAR

WHAT IS THE TRAIL TRACK CLUB:

The Trail Track Club is an athletic association dedicated to developing athletes to their full potential. The club is focused on track and field, but is an excellent place for athletes of all disciplines to train, particularly through the winter months. Sprinting and endurance running help to keep one in shape and build speed, while throwing and jumping events test and develop flexibility and strength.

WHO TO CONTACT:

For further information contact Dan Horan at 368-5291.

PRACTICES:

During the winter season, November to March, practices are held twice a week in the Willi Krause Fieldhouse as follows:

Tuesday:	6:00	-	8:00	pm
Thursday:	6:00	-	8:00	pm

There will be no training during the Christmas holidays, during Spring break, and on any training day that falls on a Statutory holiday.

During the outdoor season, April to October, practices are held three times a week at Haley Park as follows:

Tuesday:	5:00	-	7:00	pm
Thursday:	5:00	-	7:00	pm
Sunday:	2:00	-	4:00	pm

In recent years the competitive season has ended around the end of July and training has been suspended for the month of August and starts up again on the first Tuesday after Labour Day. Outdoor practice times will vary somewhat depending on the time of the year and the amount of daylight.

MEETS:

This year the club is planning on hosting the 11th annual Royal Canadian Legion Outdoor Track & Field Meet at Haley Park on Saturday, May 5, 2012. This event is open to all athletes born in 2003 and earlier. This meet will also serve as the Zone 1 BC Summer Games trials.

COACHING:

The club coaches are volunteers. Coaching assistance from parents is also needed. A high degree of expertise is not required, just someone to help with timing, marking throws and help with pits. When at a practice, ask what you can do to help out.