

JD's

Tuesdays

Events Lead Coaches	Middle Distance Trevor	High Jump Laura	Shot Put Claire Whitney	Hurdles Kaitlyn	Long Jump Chris	Hammer (11/12's) Heather Javelin (9/10) Mike
Assistants	Emma Croasdale	Florie Varga	Brenda Kent	Campbell Woike	Darren Olson	Volunteer

Thursdays

Events Lead Coaches	Sprints Chantelle	Long Jump Chris	Javelin Dewi	Hurdles Kaitlyn	High Jump Laura	Discus Mike
Assistants	Erica Dow	Troy Buckland		Kristy Landry	Kim Harold	

Seniors:

Tuesdays

Events Lead Coaches Sessions:	Middle Distance Blaine 1) Sr 15+ 2) JD 13's/14	Hurdles Lori Kaitlyn	High Jump Laura 1) JD 13's/14 2) Sr 15+	Long Jump Chris 1) JD 13's/14 2) Sr 15+	Shot Put Jim Else	Hammer/Javelin Mike
Assistants	Janice		Shane Lauzon Susan Else	Julia Woodruff		

Thursdays

Events Lead Coaches	Middle Distance Blaine 1) Sr 15+ 2) JD 13's/14	Sprints Chantelle Crosbie	High Jump Laura 1) JD 13's/14 2) Sr 15+	Long Jump Chris 1) JD 13's/14 2) Sr 15+	Javelin Dewi	Discus Mike
Assistants	Angela Etherington		Shane Lauzon Rachel Takacs	Chris Carlin	Patty John	

TUESDAYS

JD EVENTS

Events Lead Coaches	Middle Distance Trevor	High Jump Laura	Shot Put Claire	Hurdles Kaitlyn	Long Jump Chris	Hammer (11/12's) Heather Javelin (9/10) Mike

SENIOR EVENTS

Events Lead Coaches Sessions:	Middle Distance Blaine 1) Sr 15+ 2) JD 13's/14	Hurdles Lori Kaitlyn	High Jump Laura 1) JD 13's/14 2) Sr 15+ Kieran	Long Jump Chris 1) JD 13's/14 2) Sr 15+	Shot Put Jim Else	Hammer/Javelin Mike

THURSDAYS

JD EVENTS

Events Lead Coaches	Sprints Chantelle	Long Jump Chris	Javelin Dewi	Hurdles/Relays Kaitlyn	High Jump Laura	Discus Mike

SENIOR EVENTS

Events Lead Coaches	Middle Distance Blaine 1) Sr 15+ 2) JD 13's/14	Sprints Chantelle/Crosbie	High Jump Laura 1) JD 13's/14 2) Sr 15+ Keiran	Long Jump Chris 1) JD 13's/14 2) Sr 15+	Javelin Dewi	Discus Mike

JD Program: Each child will do a Run, Jump and Throw at each evening of practice. JD Athletes will rotate through all six events in one week.
Senior Program: JD 13's are encouraged to practice two different disciplines each practice (eg. Run & Throw, Jump & Throw or Run & Jump)
Pentathlon Events are: 600/800m, Sprint Hurdles, Shot Put, Long Jump & High Jump
Midget (14/15 yr olds)*Youth/Jr. -have 6 events with specialized coaches at each station in which to choose from for 30 minute sessions.
 *Longer practices at any one station is in consultation with the Lead Coach.