Training sessions will begin next week, Monday, September 14th.

The Intermediate Power Speed (Sprint/jump) Group Ages 14 to 17 will be lead by

Ge-eef Nkwonta (formerly lead by Patrick Beckett.). They will be practicing at 5:15 PM Mon, Tuesday, Wed, and 11:30 AM on Saturday. Sept 19. Due to painting on the outdoor stadium the Mon to Wed sessions will be in the Max Bell Centre. Saturday practice location TBA.

The Junior Development Group age 11-14 (Speed Power General Skill development) will be going Monday, Sept 14, Wednesday Sept 16 and Sat Sept 19th. Due to painting on the outdoor stadium the Mon and Wed sessions will be in the Max Bell Centre starting at 5:15 PM. Athletes will meet with Dmitri Gray and Jamie Dumarin. No Tuesday practice next week. Extra days will be added in the next week as coaches become available. Saturday practice location TBA.

The Combined Events Group lead by Wayne Mc Mahon will meet in Max Bell on Mon, Tues, Wed, Thurs at 4:30 PM and Sat at 11:00 AM

Saturday practice location TBA.

Wayne McMahon

H) 204-261-0467

C) 204=918-6167

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