

Resumption of Training

The Junior Development Group (athletes 11 to 14)

Coaches - Dimitri Grey, Noelle Merkel, Borzah Yankey, Scott Cadman and Clement Sackey.

Resuming training on Monday, September 12, 2016 with practices on Monday at 5:15 PM, *Tuesday*(Except Tuesday will start at 5:30 PM), Wednesday at 5:15 PM and Thursday at 5:15 PM. Initial practices will be about 80 minutes dropping to 60 minutes in case of rain or cold. There will be a Saturday practice added in the next few weeks.

Location – King’s Park, 198 King's Drive for the first week until Tuesday, September 20th when practise will move to the Max Bell Centre at the U of M.

Intermediate Power Speed Group – Team GO

Lead Coaches – Gee-ef Nkwonta and Oyinkasola “OY” Akinola

Resuming training on Monday, September 12, 2016 @ 5:30

Location – King’s Park, 198 King's Drive

For More information go to **Intermediate Power Speed Group – Team GO** webpage.

Senior Sprint Group – Junior and Senior Sprinters/Hurdlers

Lead Coach – Rory McIntyre

Resuming training on Monday, September 12, 2016 @ 4:30 to 6:30 PM

Monday, Tuesday, Wednesday, Thursday and Saturday at 11:00 AM

Location – King’s Park, 198 King's Drive

Middle Distance, Cross Country – (13-15)

Lead Coach – Scott Cadman

Resuming training on Monday, September 12, 2016 @ 4:30 to 6:30 PM

Monday, Tuesday, Wednesday, Thursday and Saturday at 11:00 AM

Location – King’s Park, 198 King's Drive

Middle Distance, Cross Country and Steeplechase Group

Lead Coach – Scott Radley

Training Schedule and training locations: <http://winnipegoptimistathletics.ca/middle-distance-and-cross-country-coach-radley/schedule-and-locations-of-workouts/>

Senior Jumps Group – Junior and Senior Jumpers

Lead Coach – Provincial Team Coaches – Alanna Boudreau and Ming Wu

Resumed training on Tuesday, September 6, 2016 @ 4:30 to 6:30 PM

Next group practice - Saturday, September 10 at 11:00 AM

Location – King’s Park, 198 King's Drive

Throws Group

Lead Coaches – Bruce Pirnie and Reed Rimke

Resuming training – TBA

Location – TBA

Combined Events

Lead Coach – Provincial Team, Ming Wu and Wayne McMahon

Resumed training on Tuesday, September 6, 2016 @ 4:30 to 6:30 PM

(In conjunction with Jump Group)

Next group practice - Saturday, September 10 at 11:00 AM

Location – King’s Park, 198 King's Drive

Pole Vault Group

Lead Coach – Scot Dressler, Provincial Team Coach Alanna Boudreau and Wayne McMahon

Resuming training – Are resuming training with the Senior Sprint OR the Senior Jumps Group

Location – See Senior sprints and Senior Jumps above.

*For more information or clarification contact Wayne McMahon – gwaynemcmahon@gmail.com

H) 204-261-0467 Cell) 204-918-6167