

CALTAF 2011 FALL SCHEDULE

Maps to locations can be found at our web www.caltaf.com under the program descriptions

CHEETAHS

Ages 8 to 13

Begins: Sept 6th Tuesday 6 - 7:15 Confederation Park NW
 Thursdays 6 - 7:15 Canmore Park NW
 For 6 weeks Only

Coaches: Nikki and Tara

Tuesdays for all athletes
 Thursdays for 10 - 13 year olds, however if younger and they want to train
 2 nites, they are welcome

JUNIOR DEVELOPMENT

Junior High Athletes

Begins: Sept 12th Mondays 5:45 - 7:15 Canmore Park NW
 Tuesdays 5:45 - 7:15 Confederation Park NW
 Thursdays 5:45 - 7:15 Canmore Park NW

Coaches: Ed, Lou, Tony, Hayleigh

PROVINCIAL DEVELOPMENT

Senior High Athletes

Begins: Sept 6th Mondays 5:45 - 7:45 Canmore Park NW
 Tuesdays 5:45 - 7:45 Confederation Park NW
 Thursdays 5:45 - 7:45 Canmore Park NW

Coaches: Juerg and Blair

NATIONAL DEVELOPMENT GROUP

Begins: Sept 26th Kim and Janet Power Speed - Jumps/Sprints/Hurdles
 Monday 5 - 6:30 Canmore Park NW
 Tuesday 5 - 6:30 Canmore Park NW
 Thursday 5 - 6:30 Canmore Park NW

Athletes will have a start up plan to use for
 the first 3 weeks of Sept.

Begins: Sept 12th Jason Power Speed/Mid Distance - Sprints/hurdles/Mid Distance up to 800m
 Monday 5 - 6:30 Canmore Park NW
 Tuesday 5 - 6:30 Confederation Park NW
 Thursday 5 - 6:30 Canmore Park NW
 Saturday 10 - 11:30 Edworthy Park

Begins:	Christine	Distance - 800m and up/Steeple Chase	
	22-Aug Monday	5 - 6:45	Edworthy Park
	Tuesday	5 - 6:45	Confederation Park NW
	Thursday	5 - 6:45	Canmore Park NW
	Friday	5 - 6:45	U of C soccer Fields
Begins:	Paul	Throws	
	Sept 12th Monday	6 - 8 pm	Glenmore Track SW

Please call the office at 686-6011 for further information. This schedule will be in effect till approximately the end of October. However some groups/coaches may vary as the weather turns colder so please check with the office if in doubt Some groups may go to their indoor training facilities sooner than others.