CALTAF 2012 WINTER SCHEDULE Maps to locations can be found http://caltaf.com/programs/

CHEETAHS Ages 8 to 13

**Begins:** Jan 7th Saturdays 10:30-11:45 Mt Royal University

Wednesdays 6:30 - 7:45 Talisman Centre

For 16 practices

Coaches: Nikki, Tara and Julia Except Jan 21 10 am to 11:30 am;

Feb 25th Sat is unavailable,

JUNIOR DEVELOPMENT Junior High Athletes it will be Mar 3 as the 8th Saturday

Nov 7th Mondays 6:15 - 8 pm Jack Simpson Track at the U of C

Wednesdays 6:30 - 8 pm Talisman Centre

Thursdays 6:15 - 8 pm Jack Simpson Track at the U of C

Coaches: Ed, Lou, Tony, Hayleigh

PROVINCIAL DEVELOPMENT Senior High Athletes

**Begins:** Nov 7th Mondays 6 - 8 pm Jack Simpson Track at the U of C

Tuesdays 6 - 7 pm Oval at U of C

7 - 8 pm Jack Simpson Track at the U of C
Thursdays 6 - 8 pm Jack Simpson Track at the U of C

Coaches: Juerg and Blair

NATIONAL DEVELOPMENT GROUP

Begins:

Coaches: Kim/Janet/Jill/Paul Power Speed - Jumps/Sprints/Hurdles/Throws/CE

**Begins:** Nov 7th Monday 5 - 7 pm Jack Simpson Track at the U of C

Monday 6 - 8 pm Jack Simpson for throwers

Tuesday 5 - 7 pm Oval at U of C

Thursday 5 - 7 pm Jack Simpson Track at the U of C

Coach: Jason Power Speed/Mid Distance - Sprints/hurdles/Mid Distance up to 800m

Begins: Nov 7th Monday 5 - 7 pm Oval, end @ Foothills Weight Room

Tuesday 5 - 7 pm Oval

Thursday 5 - 7 pm Oval

Saturday 9 - 10:30 am Mt Royal University

Christine Distance - 800m and up/Steeple Chase

**Begins:** Nov 7th Monday 5 - 7 pm Oval

 Tuesday
 5 - 7 pm
 Oval

 Thursday
 5 - 7 pm
 Oval

 Friday
 5 - 7 pm
 Oval

Please call the office at 686-6011 for further information.

This schedule will be in effect till approximately the end of March