



2017 OUTDOOR FALL CROSS COUNTRY SEASON OVERVIEW

DATES, VENUES & TIMES:

Season Start & End Dates: Monday August 21, 2017 to Thursday October 26, 2017

XC Workouts: Town of Whitchurch-Stouffville Arena & Track; and
Bruce's Mill Conservation Area

Monday 6:00-7:30 pm: *Stouffville Arena & Track*

Thursday 6:00-7:30 pm: *Stouffville Arena & Track and Bruce's Mill*¹

Jumper Workouts: Bill Crothers Secondary School (BCSS), Markham

Wednesday 6:00-7:30 pm: *high jump, long jump, triple jump etc.*

¹ The Thursday evening workout only will transition to Bruce's Mill Conservation Area starting Thursday September 28 and run from 6:00-7:00 pm. This date is subject to change – please check the [EVENTS CALENDAR](#) the week before the switch to confirm this date. Monday evening workouts are not affected, and will be held at the Stouffville Arena & Track for the whole season.

Registration Nights: Monday August 21 and 28, 6:00-7:30 pm at the Stouffville Track
Wednesday August 23 and 30, 6:00-7:30 pm at BCSS in Markham

MEMBERSHIP REGISTRATION:

- The cost for the **Outdoor Fall XC Season** is \$250 per athlete.
- Remember separate registrations are required for each of the three annual seasons that an athlete chooses to participate in.
- Please bring the following items to one of the four Season's Registration Nights listed above, or alternatively bring the paperwork & cheque to the first workout you attend:
 1. Completed member [REGISTRATON FORM](#)
 2. Cheque payable to "York Region Runners Club"
 3. Photocopy of Birth Certificate & Ontario Health Card²

² Birth Certificate & Health Card information is only needed for an athlete's first club registration – they are not required for subsequent registrations.

WORKOUT PARTICIPATION:

- There is no commitment required in terms of how often Club Members attend workouts, other than what the Athlete's schedule & homework will permit. Athletes have the choice of participating in XC Workouts (Monday & Thursday evenings) or Jumper Workouts (Wednesday evenings), or both.
- Athletes should bring a water bottle, preferably metal, to all workouts. For Monday & Thursday XC Workouts held at the Stouffville Track there are washrooms in the adjacent arena, and for Wednesday's Jumper Workout at Bill Crothers Secondary School the washrooms are located in the Fieldhouse facility. No washroom facilities are available at Bruce's Mill Conservation Area.
- Plan to arrive 5-10 minutes prior to workouts – this will provide athletes time to change and warm-up as instructed by the Coach or Assistant Coach.
- During XC workouts Athletes are divided into multiple groups based on that evening's training plan, number of athletes in attendance, and the ages & abilities of the individual athletes.

MEET PARTICIPATION:

- Meets are an important part of our program – participation is strongly recommended as a way of helping Athletes develop goal setting skills and evolving their athletic abilities.
- It is NOT the club's responsibility to pursue Athletes and their Families regarding meet participation. As a way of helping facilitate the process "Meet Participation Request" (MPR) Submission Deadline Notifications are listed in the [EVENTS CALENDAR](#) for all meets that the club participates in. Normally these reminders are placed in the calendar on the Sunday prior to a meet – Parents or Athletes are asked to submit the MPR's by 6:00 pm if an Athlete would like to participate in that upcoming event.
- The Club is responsible for registering all Athletes that a [MEET PARTICIPATION REQUEST](#) (MPR) has been received for, including covering any fees associated with the registration.

