



CVAC JAGUARS

COWICHAN VALLEY ATHLETIC CLUB

JD & Senior Practice Schedule

Junior Development (JD9-JD12's)

Start	End	Activity
5:30	- 5:40	Laps - Location to be announced at practice
5:40	- 5:55	Warm-Up on Grass
5:55	- 6:25	Session A
6:25	- 6:55	Session B
6:55	- 7:00	Cool Down Laps

Seniors (JD13+)

Start	End	Activity
6:30	- 6:40	Laps - Location to be announced at practice
6:40	- 6:55	Warm-Up on Grass
6:55	- 7:25	Session A
7:25	- 7:55	Session B
7:55	- 8:00	Cool Down Laps

- Tips:**
- ✓ For both age-groups, warm-up will be done as a GROUP so it is important to arrive on time
 - ✓ Please allow yourself enough time to sign the Attendance Sheet before Warm-Up
 - ✓ To get maximum coaching time, it is important that our warm-up is ON SCHEDULE
 - ✓ When you are ready to do your warm-up, please wait for your Warm-Up Leader on the grass between the "High Jump Apron" and the track (CONE #9)
 - ✓ After warm-up, you will go to event/station that is posted for your GROUP on the Practice Schedule.