



# CVAC JAGUARS

COWICHAN VALLEY ATHLETIC CLUB

## JD & Senior Practice Schedule

### Junior Development (JD9-JD12's)

Start	End	Activity
5:30	- 5:45	Laps - and Warm Up on Grass
5:45	- 6:05	Session A
6:10	- 6:30	Session B
6:35	- 6:55	Session C
6:55	- 7:00	Cool Down Laps

### Seniors (JD13+)

Start	End	Activity
6:45	- 7:00	Laps - Sportsplex Running Trail and Grass warm Up
7:00	- 7:30	Session A
7:30	- 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
  - ✓ To get maximum coaching time, it is important that our warm-up is ON SCHEDULE
  - ✓ After warm-up, you will go to event/station that is posted for your GROUP on the Practice Schedule.