

2023 New West Spartans Training Program

Track and Field: Training schedule January 16 to March 8, 2023

Club groups	Monday	Wednesday
JD (9-13 years old)	6:00-7:00pm	6:00-7:00pm
Group 14+	5:00-6:15pm	5:00-6:15pm

Track and Field: Training schedule March 27 to July 12, 2023

Club groups	Monday	Wednesday	Friday
JD (9-13 years old)	5:30-7:00pm	5:30-7:00pm	5:00-6:30pm
Group 14+	5:30-7:00pm	5:30-7:00pm	5:00-6:30pm

Note:

There will be no training during Spring Break. When competition season starts, there will be no practices on Fridays.

Track and Field: Rascals training schedule March 31 to June 2, 2023

Club groups	Friday
Rascals (6-8 years old) Born in 2014-2016	4:30-5:30pm

Cross Country: Training schedule September 11 to November 15, 2023

Club groups	Monday	Wednesday
JD (9-13 years old)	6:00-7:00pm	6:00-7:00pm
Group 14+	5:00-6:15pm	5:00-6:15pm