



2018 New West Spartans Athletics Training Schedule

2018 New West Spartans Track and Field Training Schedule Jan.10- March 16, 2018

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

2018 New West Spartans Track and Field Training Schedule April 4, - July 18, 2018

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

Note:

There will be no training during Spring Break.
The training on Friday's, a day before the competitions, will be cancelled.

2018 New West Spartans Cross Country Program September 10, - October 31, 2018

Club Groups	Monday	Wednesday
Rascal 6-8 years old	6:00 -7:00pm	6:00 -7:00pm
JD (9 -13 years old)	6:00 -7:00pm	6:00 -7:00pm
Group 14+	4:30:-6:00pm	4:30-6:00pm

Note:

Rascal group Sep.10, to Oct. 31, 2018, fee is \$110.00 plus BCA membership fee.