

**2019 New West Spartans Track and Field Training Schedule Jan.14- March 13, 2019**

Club Groups	Monday	Wednesday	Friday
JD (9 -13 years old)	6:00 -7:00pm	6:00 -7:00pm	
Group 14+	4:30-6:00pm	4:30-6:00pm	5:00-6:30pm

**2019 New West Spartans Track and Field Training Schedule April 1, - July 17, 2019**

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

**2019 New West Spartans Cross Country Program September 9, - October 30,2019**

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

**2019 New West Spartans Track and Field Training Schedule for Rascal and Recreational.**

Rascal group every Monday from March 4 - June 3,2019. Fee \$125.00 including BCA membership fee.

Recreational every Mon. from Jan 14-May 6, 2019. Fee \$180.00 including BCA training membership fee.

Groups	Monday
Rascal 6-8 years old	6:00 -7:00 pm
JD Recreational (9-13 years old)	6:00 -7:00 pm (from Jan.14 - March 13,2019). 6:00-7:30pm (from Apr.1 - May 6,2019).