



2014 CMLAC Cross Country Information & Training Schedule

Frequently Asked Questions

- *Do I have to attend training sessions?*
 - No - Training is recommended but not required.
- *What is the focus of the training?*
 - To instruct athletes on running technique and refine skills
 - To build strength and endurance
 - Develop a joy for running and sense of team
- *Is the training structured for age groups and abilities*
 - Yes - I plan to break the training groups into U6 – 8, U9 – 11, U12+
 - Under 6 athletes are welcome at all sessions
- *Can parents participate in training*
 - Yes
- *How do I know if a session is cancelled due to weather?*
 - I will try and email by 3:00PM and will tweet any last minute changes on #cmlac
- *Do I have to wear a CMLAC uniform?*
 - Runners must compete in a CMLAC top (shorts are optional) for competitions only
 - Uniforms will be available at training and race events (\$30 Tops, \$30 Shorts)

Important notes

Competitions occur on Sunday morning and there is only one time table this year (i.e. No program A or B). Runners must wear the CMLAC competition top (shorts are optional). Our host event is on May 18th and I need as many volunteers as possible.

Registered summer athletes only need to pay approximately \$37.00 fee to cover all entry fees for the season. If you are not registered with CMLAC you will need to register online with the club in order to compete at a cost of approx. \$75.00.

To book contact Andrew Evans on or andrewhevens@yahoo.com.



CMLAC Cross Country Training 2014

CMLAC CC 2014.Training Schedule		
andrewhevens@yahoo.com	Twitter @cmlac	
Date	Location	Time
23-Apr	Kooyong (Registration)	5:00 – 6:00PM
30-Apr	Fairview Park (Hills)	5:00 - 6:00PM
7-May	No Training before Mothers day	
14-May	Kooyong	5:00 - 6:00PM
21-May	Kooyong	5:00 - 6:00PM
28-May	Kooyong	
4-Jun	TBA	
11-Jun	TBA	
18-Jun	Kooyong	5:00 - 6:00PM
25-Jun	No Training	5:00 - 6:00PM
2-Jul	School holidays	5:00 - 6:00PM
9-Jul	School holidays	5:00 - 6:00PM
16-Jul	Kooyong	5:00 - 6:00PM
23-Jul	Fairview Park (Hills)	5:00 - 6:00PM

23 April will be an information session followed by light training. Training sessions are optional as are Sunday race events except for Open Days and EMR. I will tweet weather updates so please follow on twitter.