JUNE 10th, 2019

Thank you so much!!  The returning Spruce Capital Meet was a success!  Without all of the athletes and volunteers it would not have been.  So many families stepped up and helped out so our athletes could compete and succeed at home.  Thankfully even the weather cooperated. I hope you all enjoyed yourselves as much as I did!

Please note:

1. Rascals and Junior league will end Wednesday June 26th with a BBQ and activities starting at 5 pm at the stadium.  Family members are welcome to join in the fun.
2. After the BBQ Junior practice will continue until July 17th with focussed training; this allows more flexibility for junior athletes to pick events that they would like to focus training on before JD championships.  Coaches will be available each practice within the different disciplines.
3. Practice is a go for all groups on Saturday June 15th.
4. On Saturday June 22nd Rascal and Junior practices are cancelled due to another event at the stadium.  Please come out and learn about parathrows and other adaptive sports hosted by Spinal Cord Injury BC.  Activities start at noon.