PRINCE GEORGE TRACK AND FIELD Newsletter #10

1. **SEASON WRAP UP AND AWARDS**: Saturday September 7th from noon to 3pm at Lheidli T’enneh Memorial Park under the shelters; everyone is welcome to attend and enjoy PIZZA! Please RSVP with Elena for “food numbers” at [thomase8@cnc.bc.ca](mailto:thomase8@cnc.bc.ca%20)  by WEDNESDAY SEPT 4th. Tentative schedule:
   * 1. **12-1:15** food and refreshments
     2. **1:30-2:30** awards: Junior Development Crests, Club achievement and Scholarships
     3. **2:30-3:00** clean up
2. **INDOOR TRAINING:** conditioning is schedule to start at the NSC on Wednesday January 8th until Wednesday March 11th. This training is limited in space for 30 athletes turning 13 years and older; Wednesdays 6pm – 8pm and Sundays TBA. Registration should open **online only** at the beginning of December. Cost is $100 plus BC Athletics membership.
3. **UPCOMING MEETINGS:** The board of directors still has 2 vacant spots for directors at large. Anyone interested in learning about the club or helping with the workload is welcome at meetings. September will see 2 meetings for track:
   * 1. **Meet Committee:** anyone interested in helping prepare for the club’s competitions next year will be meeting at the CNC library room 1 at 6:30 pm on Wednesday September 11th
     2. **Board of Directors:** will gather for their monthly meeting at the CNC library room 1 at 6:30 pm on Wednesday September 18th
4. **THROWING CLINIC:** BC Athletics is hosting a throwing clinic for athletes and coaches in Kamloops September 27th to 29th. Click [here](https://www.bcathletics.org/News/2019-bc-throws-project-development-camp/2917/?fbclid=IwAR1rkWnfIY63xEL6x45WgjgZL3sByBW5QOfoNRZQRMB6JHg6PIq2zAi6_FU) for more details! Age Eligibility: U16/U18/U20/Senior/Para Athletes

