

FAMILY FITNESS DAY WITH OUR SPEED SKATING COMMUNITY!!!!

Interested in having a day where your speed skating athlete can receive an additional day of training while at the same time you can also be involved in the activity too?!! All too often we as parents and coaches support our athletes while sitting in the stands or standing by the edge of the rink. The purpose of this invitation is to encourage an opportunity for me to build in a hill training program for the athletes, while at the same time have the adults run, jog, power walk as a masters group. Parents are certainly invited to run the hills with their kids too!!(I'm even going to try). There will also be hill imitations. This one hour program will teach both the athletes and the parents what I would like the athletes to do for their weekend training program throughout the rest of the season. I plan to run four sessions around our competitive speed skating competitions over the next few weekends.

WH Day Elementary School, Bradford

Saturday October 22 nd	10:30am	
Sunday November 6 th	10:30am	
Saturday November 12 th	10:30am	
Saturday November 26 th	10:30am	(snow permitting)

It's very important that everyone dresses appropriately for the weather conditions. Rain gear, shorts, tights, long or short sleeve shirt, hat, gloves, water (hot chocolate..ha ha!).

With 35 years of cross country and track experience, I look forward to having everyone come on out get fit and have some family fun. Please note that this program will run rain, shine, sleet or snow. As long as we can run the grass or the gravel path we are good to go.

Thank you, Coach Paula McConvey

Directions:

WH Day Elementary School
410 Maplegrove Avenue
Bradford, ON L3Z 2Z4

Take Yonge St north from Newmarket to Bradford (note Yonge St becomes Bridge St). Continue onto Holland Rd. Turn left onto Simcoe Rd and go 1.3km. Turn right onto Catania Ave and a quick left on Maplegrove Ave. The school is about a 15 minute drive from Yonge St and Green Lane.

