



West Vancouver Track and Field Club

PRACTICE SCHEDULE (updated March 2012)

Program/Coach	Monday	Tuesday	Wednesday	Thursday	Friday
Distance Program Coach: Art Boileau		3:45-5:15 WVSS track		3:45-5:15 WVSS track	
Junior Development Program (ages 9-13) Coach: Matt Kowalewski	5 to 6:30 WVSS track		5 to 6:30 WVSS track		
Combined Events Coach: Erin Bell Resumes: March 27, 2012		5:00-6:30 WVSS track		5:00-6:30 WVSS track	
Speed & Power Coach: Eugene Konart	4:45-6:15 WVSS track		4:45-6:15 WVSS track		

Please confirm your training times with your coach – training times and locations may be subject to change.