



HARROGATE HARRIERS JUNIORS TRAINING SCHEDULE – from 06/06/22

Please note that attendance at training sessions is by INVITATION ONLY.

Athletes are allocated to training sessions on 'Coacha'.

All sessions are held at Ashville College Sports Centre unless otherwise stated.

DAY	SESSION	COACH ASSISTANT COACH* PARENT HELPER**	TIME
MONDAY	Middle Distance Running (2)	Jo Day Rachel Forrest	18:00 – 19:00
	Sprints and Hurdles	Mark Bryant Vanya Worrell* Jon Ireland	19:00 - 20:00
TUESDAY	Foundations (1)	Mark Bryant Rachel Forrest Lisa Cowley* Art McCann Colin Hickey	18:00 – 19:00
	High Jump & Throws (outdoors at Harrogate Ladies College)	Mark Webster David Fisher* Kate Dillon**	High Jump (1) 18:00-19:00 High Jump (2) 19:00-20:00 Long jump 19:00-19:30 Throws 18:00-19:30 (Note high jump will not take place if it is raining)
	Foundations (2)	Mark Bryant Rachel Forrest	19:00 – 20:00
	Hurdles	Lisa Cowley*	19:00 – 20:00
WEDNESDAY	Foundations (3)	Mark Bryant Vanya Worrell*	18:00 – 19:00
	Middle Distance Running (2)	Jo Day Rachel Forrest	18:00 – 19:00
	Middle Distance Running (1)	Simon Baker	18:00 – 19:00
THURSDAY	Fundamentals	Jon Ireland	19:00 – 20:00
SATURDAY	Sprints for all (Valley Gardens – meet by war memorial on uphill path near entrance to pine woods)	Jon Ireland Vanya Worrell* Lisa Cowley*	09:00 – 10:00

Definitions: Fundamentals = years 5 – 8, Foundations = years 8 – 11

*Assistant Coach

**Parent helper