

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NIAGARA OLYMPIC CLUB INDOOR TRAINING SCHEDULE 2012 Coaches' contact info: Sharon 905 934-4937, cell 905 933-2762 redcoats_xc@hotmail.com ; Bill MacDonald 905 892-9098 pelhamrunner@hotmail.com ; JP Korsmit 905 646-3312 fast4949@hotmail.com						DECEMBER 3 10:00 am @ Clubhouse
4	5 5:45 pm @ Ridley	6	7	8 6:00 pm Clubhouse	9	10 Santa Claus Shuffle FUN RUN
11	12 5:45 pm @ Ridley	13	14	15 6:00 pm Clubhouse	16	17 10:00 am @ Clubhouse + Goals session and pizza. MEMBERSHIP RENEWAL DUE!
18	19 5:45 pm @ Ridley TEAM PICTURE GET YOUR GOLD ON!	20	21	22 6:00 pm Clubhouse	23	24
25 Merry Christmas!	26	27	28	29 10:00 am Clubhouse	30	31 10:00 am @ Clubhouse
JANUARY	2	3	4	5 6:00 pm Clubhouse or York U TBA	6	7 10:00 am Short Hills
1 5K Race	9 5:45 pm @ Ridley	10	11	12 6:00 pm Clubhouse	13	14 10:00 am Short Hills
8	16 5:45 pm @ Ridley	17	18	19 6:00 pm Clubhouse or York U TBA	20	21 10:00 am Short Hills
15	23 5:45 pm Ridley	24	25	26 6:00 pm Clubhouse OR York U TBA	27	28 10:00 am @ Clubhouse
22	30 5:45 pm Ridley	31	FEBRUARY	2 6:00 pm Clubhouse	3	4 10:00 am @ Clubhouse
29 AO prep meet #1			1			

5 AO relays and prep meet #2	6 5:45 pm Ridley	7	8	9 6:00 pm Clubhouse OR York U TBA	10	11 10:00 am @ Clubhouse
12	13 5:45 pm Ridley	14	15	16 6:00 pm Clubhouse	17	18 AO Youth-SR day one
19 AO Youth-SR day two	20 5:45 pm Ridley	21	22	23 6:00 pm Clubhouse OR York U TBA	24	25 10:00 am @ Clubhouse
26	27 5:45 pm Ridley	28	29	1 6:00 pm Clubhouse	2	3 AO BMJr day one
4 AO BMJr day two	5 6:00 pm Clubhouse	6	7	8	9 Depart for Spring Training Camp	10