

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOC INDOOR 2013 TRAINING SCHEDULE - Coaches' contact info: Sharon Stewart 905 934-4937; cell 905 933-2762 redcoats_xc@hotmail.com Bill MacDonald 905 892-9098; cell 905 933-2640 pelhamrunner@hotmail.com JP Korsmit 905 646-3312 fast4949@hotmail.com				Remember to dress in warm layers! Hats and Mitts! At Ridley, we start with an Outdoor Warm Up Run.		1 DECEMBER
2	3 6:00 pm @ Ridley	4	5	6 6:00 pm @ Track	7 Membership forms DUE!	8 10:00 am @ Track + goals session
9	10 6:00 pm @ Ridley	11	12	13 6:00 pm @ Track	14	15 10:00 am @ Short Hills
16	17 6:00 pm @ Ridley	18	19	20 6:00 pm @ Track	21	22 10:00 am @ Short Hills
23	24	25 <i>Merry Christmas</i>	26	27	28	29 10:00 am @ Short Hills
30	31 10:00 am @ Track	1 JANUARY	2	3 Indoor W/O TBD	4	5 10:00 am @ Track
6	7 6:00 pm @ Ridley	8	9	10 6:00 pm @ Track	11	12 10:00 am @ Track
13	14 6:00 pm @ Ridley	15	16	17 Indoor W/O TBD	18	19 10:00 am @ Track
20	21 6:00 pm @ Ridley	22	23	24 6:00 pm @ Track	25	26
27 AO prep meet #1	28 6:00 pm @ Ridley	29	30	31 Indoor W/O TBD	1 FEBRUARY	2 10:00 am @ Track
3	4 6:00 pm @ Ridley	5	6	7 6:00 pm @ Track	8	9
10 AO prep meet #2	11 6:00 pm @ Ridley	12	13	14 6:00 pm @ Track	15	16 AO Youth/Sr
17 AO Youth/Sr	18 6:00 pm @ Ridley	19	20	21 Indoor W/O TBD	22	23 10:00 am @ Track
24	25 6:00 pm @ Ridley	26	27	28 6:00 pm @ Track	1 MARCH	2 AO B, M, JR
3 AO B, M, JR	4 6:00 pm @ Ridley	5	6	7 6:00 pm @ Track	8	9 Depart for Camp