

Walden Junior Development October Calendar 2011

On Tuesday's please be at the chalet by 6:15 pm training will start right at 6:30 pm

Saturday's please be at the chalet by 9:15am training will start right at 9:30am

Date	Place	Time	What to bring
Oct. 1st Saturday	NOD Midget Dryland Camp	8:30 – 8:00pm	Walden, Delki see schedule
Oct. 2nd Sunday	Killarney hike	8:30 to 1:00pm	See schedule
Oct.3rd Monday	Walden Weights	4:00 to 6:00pm	Runners, water bottle
Oct. 4th Tuesday	Walden	6:15-8:00pm	Dryland poles, runners, warm clothes
Oct. 4th	Walden Parents' Meeting	6:40-7:50pm	Program information and changes to program
Oct. 6th Thursday	Delki	3:45-5:00pm	Roller skis, boots, poles, runners and water bottle TTT and LTT
Oct. 6th	High School Run Onaping		
Oct. 7th Friday	Weights	4:00-6:00pm	Runners, change of clothes
Oct. 8th	Family hike, adventure		
Oct. 10th Monday	Walden	Registration 9:30- 10:45	Runners, change of clothes
Oct. 11th Tuesday evening	Walden	6:15-8:00-pm	Runners, ski walking poles water, change of clothes Lights will be turned on
Oct. 12th Wednesday	Walden Elementary Run	9:00 to 2:30pm	
Oct. 13th Thursday	City relays Laurentian	Check school schedule	
Oct. 13th Thursday	Walden	3:45-5:00pm	TTT Roller ski, weights LTT session
Oct. 14th Oct. 16th	Walden PN training Camp CCO	See schedule	
Oct. 15th Saturday	Walden	9:15 – 11:30 am	Trail work for JD group

Oct. 16th Sunday	Walden	All day	Trail work you will receive volunteer hours but sometimes we need to give back to the club just because
Oct. 18th Tuesday	Laurentian City XC		City Championships
Oct. 20th	Walden	4:00-6:00pm	TTT Weights, runners LTT runners, water bottle, poles
Oct. 22th Saturday	Laurentian	9:15-11:30am	Runners, water bottle, warm clothes
Oct. 23rd Sunday	No training		
Oct. 24th Monday	Walden	4:00-6:00pm	Weights and a run YR not attending NOSAA
Oct. 25th Tuesday	Walden	6:15-8:00pm	Runners, poles, warm change of clothing and water
Oct. 27th Thursday	Walden	4:00-6:00pm	weights and run LTT YR not attending NOSAA
Oct. 28th Friday	NOSAA Sault Ste Marie		
Oct. 29th Saturday	JD off Laurentian Halloween extravaganza		Check out LU website for time and place
Oct. 30th Sunday	TBA	1:00- 3:30pm	Roller skis, poles boots, helmet YR
Oct. 31st Monday	Weights -Walden	4:00-6:00pm	For athletes not going to OFSAA, runners,water