



## **STRIDE AHEAD TOUGH TRACK (SATT)**

Stride Ahead tough track is the largest track and field club in the province and is involved in training for cross country, track and field and road running. The club has athletes that have competed at the national and international level and continues to boast a strong developmental program for younger athletes based on Long Term Athlete Development. The club has programs for athletes of all ages – Pee Wee (1999/2000), Bantam (1998/1997), Midget (1996/1995) and Junior (1994/1993).

Practices are held Tuesdays and Thursdays from 4:00 – 5:00 pm (older athletes train from 5:00 – 6:00 pm) at Whyte Ridge Elementary School, 400 Scurfield Blvd (notification is sent out of any cancellations due to school functions).

There are also practices on Saturdays beginning September 10<sup>th</sup> from 3:30 -5:00 pm at Whyte Ridge field (outdoor, come dressed appropriately) until the end of October. Saturday practices are subject change due to competitions – please note that the school is not open on Saturdays!

November – March there are practices at the University of Manitoba (Max Bell) on Tuesday and Thursday (6:00-7:30pm) and Saturdays (12:30-2:00pm).

### **Fees**

SATT membership fees include a full Athletics Manitoba membership (\$50.00) to cover insurance and related fees to the provincial sport association.

Pee Wee	\$100.00
Bantam & older	\$200.00
Competition Fees	\$75.00*

**\* An account is opened for each athlete to draw entry fees throughout the year. If account goes to 0 another cheque will be requested. Any fees not used through the season will be forwarded to the next year or refunded.**

**Along with the above mentioned fees, there is a parental commitment obligation to volunteer at least 3 times throughout the year including bingos and track and field meets.**

**Emails are sent out from the volunteer coordinator with details on various opportunities.**

### **Coaching Staff**

Andy Tough – Head Coach  
Ian Case  
Greg Gemmell  
Evan Kuz  
Frank MacLean  
Ming Puwu  
Sue Zajac

***For further information contact Andy Tough at [track11@shaw.ca](mailto:track11@shaw.ca)***