

## **WMRT Weeknight Training 2023-2024**

**Description:** WMRT coaches will be offering extra gate training to help athletes work on both technique and tactics in the race course. Training will consist of varied full pole SL sets (junior SL poles will be used for U12-U14 when space permits). Athletes will navigate the session independently reporting directly to the training course, no organized age groups.

**Who:** WMRT Registered Athletes U12-U21

**What:** Full pole SL training

**Where:** Piece of Cake trail (POC)

**When:** Wednesdays & Thursdays 6:30-8:30pm

**Dates:** Jan. 3 to Mar. 7 (NO training Feb. Vaca Week 2/21 & 2/22)

**Cost:** TBD