

Email for all inquiries: [amcinnis@uottawa.ca](mailto:amcinnis@uottawa.ca)

## CROSS COUNTRY / ENDURANCE ATHLETE INFO

### SEPTEMBER

- 4 Tue X-Country / Track & Field Office Hours Begin - Rm 119 Montpetit Hall  
Come see us and ask questions  
10am to 12pm Weekdays - Tuesday, Wednesday, Thursday for 3 weeks  
September 5-6-7, Sept. 12-13-14, Sept. 19-20-21
- 5 Wed **Endurance athlete training** for New Athletes / Rookies / 5:30 pm - Mooney's Bay Park, Terry Fox Athletics Facility / Team Registration / Eligibility Compliance and Memberships Fees process begins / uO & Club On-Line forms and membership done in advance to speed-up athlete data collection. Returning Veterans and Incoming Lions Club Athletes - Training Days, locations and times are scheduled by personal coach programming. If you have questions - contact Andy McInnis.  
All New Athletes & Rookies - Training Days - Mondays & Fridays - 6:15 AM - uOttawa Campus - Minto Sport Complex - 801 King Edward.  
Wednesdays - 5:30 pm - Terry Fox Athletics Facility - Mooney's Bay Park  
We have some flexibility for Tuesday & Thursday Training at Fox but this must be arranged with head coach.
- 8 Sat New / Rookie Endurance Athletes - Physical Assessment Testing  
See below for protocols - Terry Fox Athletics Facility - 10am (Women), 11am (Men).  
Plan on this day taking about 2 to 2.5 hours. Arrive 60-45 min ahead of test to prepare.  
\*\* Veteran XC Standard Challenge (Women & Men together) - 12:00 PM
- 9 Sun ENDURANCE ATHLETES - MEETING - EVERYONE BRING YOUR LAPTOPS!  
Veterans and New / Rookies. All Eligibility and Compliance and Medical to be completed.  
TIME - 10:00 AM / LOCATION - MAIN CAMPUS / BUILDING AND ROOM TBA ... notice by Email soon.  
**MANDATORY - ALL XC & ENDURANCE TRACK ATHLETES**  
Email Head Coach for Meeting Location (on Campus) to be Announced  
**NO ONE CAN MISS THIS MEETING - COMPLIANCE / CERTIFICATION MEETING**

## Cross Country Schedule

### September

- 8 Sat **Rookie / New Athlete Fitness Testing - Terry Fox Facility, Mooney's Bay Park**
- \* **Men's Test** - Recovery 2min between all runs  
Rookie Men - 4 controlled pace runs = 3km (10:40-55), 2km (6:50-7:00), 1km (3:00-3:20)
  - \* **Women's Test** - Recovery 2min between all runs  
Rookie Women - 2km (8:05-8:20), 2km (8:05-8:20), 1km (3:45-4:15)
  - \* **Testing Times - Times indicated are times the test runs BEGINS**
  - \* Athletes should APPEAR at Fox Facility about 1 hour before test start times to REGISTER & Warm-Up and talk to staff. We go RAIN or SHINE - Have NO FEARS - we use data for creating balanced training.  
Women's Test - 10AM / Men's Test - 11AM  
- 9AM Register / Warm-Up - Rookie Women  
- 10AM Register / Warm-Up - Rookie Men

<b>9</b>	<b>Sun</b>	<b>Endurance Athlete Meeting (See above) MANDATORY FOR ALL</b>	
15	Sat	McGill Invitational Day Trip - 4km Women / 6km Men	Montreal, QC
22	Sat	St. Lawrence U. Invitational Day Trip - 6km Women / 8km Men	Canton, NY
23	Sun	Ottawa Army Run VOLUNTEER as a team "pay it forward" opportunity to our Armed Forces.	Ottawa, ON
29	Sat	Vert et Or Invitational Day Trip - 6km Women / 8km Men	Sherbrooke, QC

## October

12-13	F-S	Capital XC Challenge High School & Elementary School Divisions X-Country Team Fund Raiser - Mandatory involvement by All	Ottawa, ON
13	Sat	Capital XC Challenge - Jim Howe Memorial Open & University Div. MANDATORY - For ALL Endurance Athletes 6km Women / 6km Men	Ottawa, ON
21-27		School Reading Week - training continues	
27	Sat	RSEQ Quebec XC Championships Day Trip - AM Departure TBA / 8km Women / 10km Men	Montreal, QC

## November

10	Sun	Canadian XC University Championships Day Trip - AM Departure / 8km Women / 10km Men	Kingston, ON
24	Sat	Canadian National Club Championships	Kingston, ON
24	Sat	TRACK TESTING - for ALL Endurance Track Athletes 10am - Dome	Ottawa, ON

## December - See Track & Field Schedule to make plans

### December 17 - January 7 uOttawa Training Camp - Bradenton, Florida

Camp ends on Monday, January 7<sup>th</sup>

\*Training: IMG Academy ( <http://www.imgacademy.com> ). Athletes fly into camp on their preferred dates (approved by the Head Coach). Once approved, you can purchase your own air travel for the best rates. We want athletes to attend a minimum stay of 10 nights at the camp. You will use one of two airports - (Tampa - 40 min. from the Camp or Sarasota-Bradenton - 15 min from the Camp). For the Tampa Airport, you will have to use an airport shuttle to get you to and from the Camp location to return home. Athletes must purchase or already have "out of country medical insurance". Other costs - Paid to Club will be shared accommodations (5-6 per Condo) and an IMG training fee (approx. \$30/training day). To attend this camp you must request the opportunity to attend to the Head Coach. **The deadline for commitment to the camp is NOVEMBER 17<sup>th</sup> or sooner (first come) with an \$800.00 Deposit** for accommodations and training access payable to the Ottawa Lions T.F.C. Any balances of the camp costs owed (based on final USD exchange rates on bills etc) will then be paid on return from the camp in January. The cost is based on the number of nights in the Camp and will vary by person. Accommodations: Shorewalk Vacation Villas - Bradenton - 1.6km from the IMG Academy / 9km to the Gulf of Mexico and Bradenton Beach / Anna Maria Island

# Track & Field Schedule (Get your passports in order)

## September

### 11-12 **So you want to be a “Track Star” Walk-On Evaluations**

This is an opportunity for uOttawa students who have been successful at other sports (hockey, bball, vball, soccer, fball, gymnastics, swimming, extreme fitness) and have no idea that they may have the potential for success in track & field. This is a unique opportunity to be professionally assessed on your potential for track & field. Remember that track & field is something simple, done extremely well (run fast - run over hurdles - run long - jump out - jump up - throw things far). We are many sports under one roof. All shapes and sizes can stand on the podium, and live the dream. We are about capacity, discipline, and patient maturity. The best years in our sport are 20 to 30+ years of age at the global levels.

A successful evaluation will result in an invitation to attend practices for the team starting at the Team Varsity Development level. Walk-On sign-ups will take place at the GG Tent on main campus during the first week of classes - Sept. 5-6-7, or by coming by the Track Office (Rm 119 Montpetit Hall) - See the Team Start-Up Info below or send us an email. The evaluations will take place at the Minto Sport Complex on the days of September 11-12-13 (Tue / Wed / Thur). All Walk-On athletes signing up to be evaluated will be sent confirmation information on their evaluation appointment days and times by email.

## TRACK & FIELD TEAM START-UP INFO

SEPTEMBER - EMAIL HEAD COACH - [amcinnis@uottawa.ca](mailto:amcinnis@uottawa.ca)

- 4 Tue **Track & Field Office Hours Begin - Room 119 - Montpetit Hall**  
Come see us and ask questions  
10am to 12pm Weekdays - Tuesday, Wednesday, Thursday  
September 5-6-7, Sept. 12-13-14, Sept. 19-20-21
- 5-6-7 **Walk-On Sign-Ups / So you want to be a “Track Star” Walk-On Evaluations**  
See above for description
- 11-12-13 **Walk-On Evaluations - Minto Sports Complex - by appointment**
- 17 Mon **TRAINING 5:30 pm - Track & Field Athletes - For All NEW Track & Field Team Athletes**  
Training / Conditioning begins (all non- XC team athletes)  
10:30 am to 12:00 noon - Terry Fox Athletics Facility for all training - rain or shine  
Weekdays - 5:30 pm Monday to Thursday - all athletes must make 2-3 training sessions per week  
5 training sessions are offered each week.
- NEW \*\* MORNING TRAINING SESSIONS - ON uOTTAWA CAMPUS**  
Minto Sports Complex - 801 King Edward  
6:15 am - Monday and Friday Mornings
- Returning athletes** are to refer to head coach for training assignment & coaches & coach changes

- 17 Mon **New Team Members Training Begins - contact [amcinnis@uottawa.ca](mailto:amcinnis@uottawa.ca)**  
Terry Fox Athletics Facility, Mooney's Bay Park - 5:30 pm  
Training / Conditioning begins (all non- XC team / endurance athletes) Returning athletes are to refer to head coach for training assignment & coaches & coach changes / Saturdays - 10:30 am to 12:00 noon - Terry Fox Athletics Facility for all training - rain or shine  
Weekdays - 5:30 pm Monday to Thursday - all athletes must make 2-3 training sessions per week  
5 training sessions are offered each week.
- NEW \*\* MORNING TRAINING SESSIONS - ON uOTTAWA CAMPUS**  
Minto Sports Complex - 801 King Edward  
**6:15 am - Monday and Friday Mornings**

## October

Be consistent / make smart choices / go to class / study / get fit - make it a great year!  
IF you can stay focused and put in a strong training block in October and kill your classes  
... most of your semester stresses will be under control in Nov / Dec.!

## November

24 Sat **Varisty Track & Field Team Intersquad** Ottawa, ON  
MANDATORY - ALL Athletes (9 am - 12 noon)

## December

1 Sat **Saints Holiday Relays (St. Lawrence U.)** Canton, NY  
Day Trip - AM Departure - TBA ... Need Passports!

1 Sat **Cornell Relays** Ithaca, NY  
Day Trip - AM Departure - TBA ... Need Passports!

1 Sat **McGill Open** Montreal, QC  
Day Trip - AM Departure - TBA

8 Sat **Laval Rouge et Or Invitational** Ste-Foy, QC  
Tbc - overnight trip (Exam Time)

7 - 20 **Fall Semester Finals Exam Period** Ottawa, ON

### December 17 - January 7 uOttawa Training Camp - Bradenton, Florida

Camp ends on Monday, January 7<sup>th</sup>

\*Training: IMG Academy (<http://www.imgacademy.com>). Athletes fly into camp on their preferred dates (approved by the Head Coach). Once approved, you can purchase your own air travel for the best rates. We want athletes to attend a minimum stay of 10 nights at the camp. You will use one of two airports - (Tampa - 40 min. from the Camp or Sarasota-Bradenton - 15 min from the Camp). For the Tampa Airport, you will have to use an airport shuttle to get you to and from the Camp location to return home. Athletes must purchase or already have "out of country medical insurance". Other costs - Paid to Club will be shared accommodations (5-6 per Condo) and an IMG training fee (approx. \$30/training day). To attend this camp you must request the opportunity to attend to the Head Coach. **The deadline for commitment to the camp is NOVEMBER 17<sup>th</sup> or sooner (first come) with an \$800.00 Deposit** for accommodations and training access payable to the Ottawa Lions T.F.C. Any balances of the camp costs owed (based on final USD exchange rates on bills etc) will then be paid on return from the camp in January. The cost is based on the number of nights in the Camp and will vary by person. Accommodations: Shorewalk Vacation Villas - Bradenton - 1.6km from the IMG Academy / 9km to the Gulf of Mexico and Bradenton Beach / Anna Maria Island

## January

7 Mon **uOttawa Classes Resume** Ottawa, ON

12 Sat **U Albany Great Dane Classic** Staten Island, NYC

12 Sat **Vert et Or Invitational Invitational** Sherbrooke, QC

19 Sat **uOttawa Winter National Invitational** Ottawa, ON  
Mandatory - ALL team members

24-25-26 T- S **Armory Dr. Sander Invitational / Columbia Challenge** NY City, NY

25-26 F- S **McGill Team Invitational** Montreal, QC

## February

1 Fri **Harvard Crimson Elite Invitational** Boston, MA  
Overnight Jan. 31 / Return evening Feb. 2

2 Sat **Boston U. Scarlet & White Invitational** Boston, MA  
Overnight - See Harvard above

2 Sat **Ithaca College Bomber Invite** Ithaca, NY  
Overnight Feb. 1 / Return evening Feb. 2

8 Fri **Fastrack National Invitational** Staten Island, NYC  
Overnight Feb. 7-8-9 / Return evening Feb 10

8-9	F-S	<b>Boston U. Valentine Invitational</b> Overnight Feb. 7-8 / Return evening Feb. 9	<b>Boston, MA</b>
10	Sun	<b>Kane Invitational - Cornell U.</b> Overnight Feb. 9 / Return evening Feb. 10	<b>Ithaca, NY</b>
16	Sat	<b>Carleton Varsity Standards Last Chance Meet</b> Mandatory - ALL team members	<b>Ottawa, ON</b>
17 to 23		<b>Study Week</b> Athletes selected for Conference Championships must be in Ottawa for Wed. Feb. 21	<b>Ottawa, ON</b>
22-23	F-S	<b>Ontario University Championships - York U.</b> Departure - Thursday 8:00 am - Return Saturday Night	<b>Downsview, ON</b>
<b>March</b>			
2	Sat	<b>"The Piper Challenge"</b> - Mandatory All Team Members Final Meet of the Season / Final National Athlete Confirmation 10:00 am to 12:30 pm	<b>Ottawa, ON</b>
7-9	T-S	<b>Canadian University Championships - uManitoba</b> Departure - Tuesday, March 5 / Return - Sunday, March 10	<b>Winnipeg, MB</b>