

Trainings

Training sessions are organised by official category groups. Sub-groups are organised to allow for a more efficient organisation and work specific techniques in smaller numbers, with specific coaches.

A planning is displayed on the information board (at the ground floor entrance) and posted online at the beginning of each month, informing you of training sessions and events.

Official categories are determined by birth year

Kangourous: athletes born in 2018 and 2017

Benjamins: athletes born in 2016 and 2015

Pupilles: athletes born in 2014 and 2013

Minimes: athletes born in 2012 and 2011

It is not allowed to change categories if the age is not met.

Training gear:

- **Worn:** multi-sport sneakers, T-shirt, training shorts or training pants depending on the weather and a sport vest or jacket before and after the session. In cold weather: cap, neck warmer, gloves
- **In the bag:** A drink and a small snack
If you're a competitor, also bring one solid marker object for jump run-ups, and spikes (track shoes)

Training schedule:

Wednesday: from 17h00 to 18h30

Saturday: from 09h30AM to 11h00AM

Access to the track

Due to the number of athletes involved in the two BPM training sessions (from Kangourous to Minimes) **it is mandatory to park on the Football club parking lot**, behind the track.

The front parking is reserved for coaches, staff, mobility-impaired persons and emergency services.

Athletic seasons:

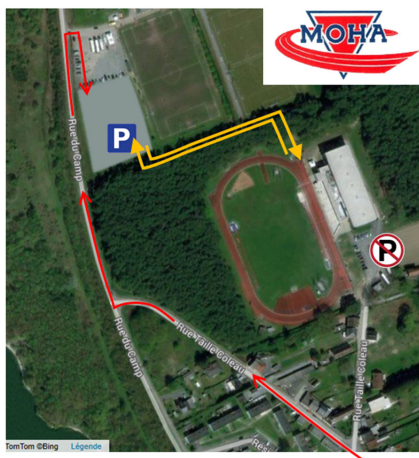
An athletic year starts in November and ends in October.

It's divided in two seasons:

- **Winter Season:** from November until end of March, during which indoor and cross-country competitions take place.
- **Summer season:** from April until end of October, during which outdoor competitions take place.

The change of category takes place beginning of November, with the start of the Winter season.

- During the September « back to school » period, the summer season begins to end



Membership rates:

Standard Bibs

	First Membership	Membership Renewal
Full year membership (1/11/23 → 31/10/24)	210 €	180 €
Discount for the 2 nd and 3 rd member*		- 25€
Discount from the 4 th member on*		- 50 €

*all categories (except Doudou Runners), for athletes from the same household.

Doudou runners = « out of stadium » bib

	First Membership	Membership Renewal
Full year membership (1/11/23 → 31/10/24)	170 €	140 €
Discount from the 2 nd member on**		- 25 €

**Only for the Doudou Runners from the same household

How to register?

1. Online pre-inscription by filling a form
2. Proceed to the payment by money transfer
3. Wait for the mail inviting you to fill and sign the membership documents μ
(The secretariat is open We 5:00-6:30, Sa 9:30-11:00, Tue 6:00-8:00)
4. A second email is sent when your bib is available.

Competitions:

Competitions are not mandatory, but we would like to see you in large numbers, especially those organised by our club. :D !

- **Winter Season:** from November to March

Type of competition: cross-country runs or indoor facilities competitions

Date: cross-country runs usually take place on Sundays. Indoor competitions can happen on Saturdays and Sundays.

- **Summer Season:** from April to October

Type of competition: outdoor track and field competition

Date: outdoor competitions usually take place on Saturdays

A calendar for some competitions supervised by the coaches is published on the website site www.mohathletisme.be/lecole-des-jeunes at the beginning of each season.

Communication at the Ecole des jeunes:

Communications from coaches about the calendar, training sessions, competitions and events:

- First ensure your email address is correctly written in the form
- Please subscribe to the **Facebook page: « Ecole des jeunes MOHA »**

Information is also posted at the main entrance information board. Essential communications are also sent by e-mail.

Contact persons:

If you have questions during the year, you can also contact:

- **Grégory Chevalier** (the coordinator of the Ecole des jeunes): through messenger, facebook
- **Marion Dupont** (the Ecole des jeunes secretary): by e-mail (moha.coordination.ecole.des.jeunes@gmail.com)