

TRACK RASCALS



TRACK RASCALS

Developing the
FUNdamentals
on the track

1. WHO are TRACK RASCALS?

2. TRACK RASCALS and Run Jump
Throw Wheel



3. TRACK RASCALS and BC Athletics
Clubs



4. Promotional Materials and Add-Ons

Who are **TRACK RASCALS** ?

TRACK RASCALS is a BC Athletics membership for boys and girls ages 6 to 8.

TRACK RASCALS are a non-competitive DEVELOPMENT focused membership group.

Membership Type	Age(s)	Competitive/Non-Competitive
Training	All	Non-Competitive
Track Rascals	6-8	Non-Competitive
Junior Development	9-13	Competitive
Midget 14	14	Competitive
Midget 15	15	Competitive
Youth	16-17	Competitive
Junior	18-19	Competitive
Senior	20-35	Competitive
Master	35+	Competitive
Jr. Road & Trail	>20	Competitive
Road & Trail	20+	Competitive

TRACK RASCALS

and

runjumpthrowwheel
HERSHEY / Athletics Canada

Run Jump Throw Wheel (RJTW) is a skill development program for ages 6 to 12 teaching the basic fundamentals of running, jumping, throwing and wheeling, and the technical progressions for track and field events



- **RJTW** has over 40 ready-to-implement lesson plans which take about 45 minutes to deliver and focus on one of the three skill areas per session
 - Training in RJTW is provided by BC Athletics (coaches, teachers, parents and community members can all be trained in RJTW).
 - RJTW Training teaches coaches how to successfully implement the RJTW program in their sessions.

TRACK RASCALS and YOU!



BC Athletics Clubs

TRACK RASCALS

WHY offer a **Track Rascals** program in your BC Athletics club?

It's **FUN** – Non-competitive and
inclusive

Introduce children to the sport of track and field

Club based Run Jump Throw Wheel
program delivery

*Increased Club Membership (Track Rascals
members are aged 6-8)*

Quality Long Term Athlete Development
programming

*Developing better overall athletes –
PHYSICAL LITERACY during the
optimal windows of opportunity*

TRACK RASCALS

WHO can coach the **Track Rascals**?

Older athletes (volunteer hours, work experience, school credits)

- Parents who want to get off the sidelines and in to the ACTION
- Community leaders
- Club Coaches



TRACK RASCALS

HOW do we get started?

Contact BC Athletics to host a Run Jump Throw Wheel training course for your coaches/volunteers (1 day course will teach coaches how to deliver quality LTAD programming through the RJTW program lessons)

Establish your Track Rascals schedule
Usually runs for 6-10 weeks
Twice a week (45 mins/session)
- can be done before competitive athletes train to (allow them the opportunity to coach the track rascals first)

Promote your program – Register some Track Rascals!
Utilize the BC Athletics Track Rascals promotion package (add your logo and registration form)

Track Rascals memberships are only
\$10.00 with BC Athletics
Clubs charge their own registration fees



TRACK RASCALS

WHAT do you need to run a Track Rascals program?



- Space at the facility
- Trained Run Jump Throw Wheel leaders
- A desire to have FUN!





TRACK RASCALS

BUILDING A FOUNDATION FOR SUCCESS IN ALL SPORTS AND PHYSICAL ACTIVITIES



WHO are TRACK RASCALS?

TRACK RASCALS are boys' and girls' ages 6 to 8 who want to have fun learning how to run, jump, and throw! Utilizing Athletics Canada's Run Jump Throw coaches and lesson plans — children will learn the proper skill progressions of running, jumping and throwing while participating in a range of track and field activities such as hurdling, long jump, javelin and shotput.

Athletes are given instruction on all basic motor skills through running, jumping and throwing with an emphasis on FUN and PLAY.

TRACK RASCALS programs develop physical literacy, promote Long Term Athlete Development and are led by NCCP coaches.



DID YOU KNOW?

Fundamental movement and sport skills are the basic building blocks of physical literacy. Running, jumping, throwing — these are some of the fundamental skills that help children to move with confidence, enjoy physical activity, and succeed in sport.

from
TRACK RASCAL



to
CHAMPION!



Dates:

Time(s):

Location:

Price:

Includes:

Website:

TRACK RASCALS

BC ATHLETICS
Suite 2001 B Oslo Landing 3713 Kensington Avenue Burnaby, BC V5B 0A7
T: 604.333.3550 | F: 604.333.3553 | E: trackrascals@bcathletics.org
www.bcathletics.org

