Track Rascals

6 to 8 year olds

Based on BC Athletics Run, Jump, Throw (RJT) Program, this is a non-competitive program that builds basic physical skills in children while providing them with a supporting and fun environment. They will reap the healthy benefits of being active while beginning to develop skills that are transferable to any physical activity that may wish to pursue later in life. It is also extremely affordable.

DATES: **Saturday April 18, 2015 to Friday June 12, 2015 (Wrap-up event)**

PRACTISE TIMES: Saturday - Noon (to approx. 1:30pm)
Wednesday - 6:00pm (to 7:30pm)

COST: $100 (Plus BC Athletics fee of $15.00)

PROGRAM DETAILS: Our Track Rascals Program is run by our top senior athletes with oversight by our Head Coach and Coaching Committee. All participants receive a Track Rascals T-shirt. The program is designed to expose athletes to a range of motions that are the basis of all sports. Although the Track Rascals program uses activities that are oriented to track and field, these activities will carry over to any sport the participant may wish to engage in the future.

Sport Canada has recommended that all youth sports organizations adapt the Long Term Athlete Development (LTAD) model to the youth programs in their sport. This is something that the PGTF Club fully endorses. We encourage parents to watch and be involved.

NOTE: Weather conditions can change quickly so we recommend our Track Rascals bring extra clothing appropriate for the weather.

FOR MORE INFO: On LTAD check out: http://www.bcathletics.org/main/ltad.htm
About RJT check out: http://www.bcathletics.org/main/rjt.htm

QUESTIONS: Email us at princegeorgetrackandfield@gmail.com

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Be Strong
www.pgtrackandfield.ca