

RunJumpThrow: ONE-DAY Course

For Community Members



This RunJumpThrow One-Day Course is available for:

- Community leaders and coaches, parents or anyone interested in learning about Physical Literacy and grassroots sports skills!
- Completion of this One-Day Course does NOT fulfill NCCP RJT Certification Training (*see Two-Day Course to be certified*)

The One-Day Course is 8 hours in length, and is designed and tailored to the audience. With in-depth analysis around 'Why RJT', the Long Term Athlete Development Model & General Athletic Development, and the performances and breakdowns of each skill: Run, Jump & Throw. Also, an 'Overview of a Practice' and how to lead safe and fun RJT sessions for kids. Safety and Emergency Action Planning are also covered.

Sample Schedule (Time – Module)

9:00 - 9:30	Welcome, Introduction and Athletics for Life Video
9:30 – 10:45	Why RJT? and General Athletic Development
10:45 – 11:00	Break
11:00 – noon	Analyzing Performance: RUN
12:00 – 1:00	Lunch Break (Optional: Dartfish Demonstration)
1:00 – 2:00	Analyzing Performance: JUMP
2:00 – 3:00	Analyzing Performance: THROW
3:00 – 3:15	Break
3:15 – 4:00	Overview of a Practice
4:00 – 4:45	Safety and EAP
4:45 – 5:00	Options for delivery and RJT Certification

COSTS (subject to HST):

Minimum of 6 participants required

Per person

* \$50

Each participant will receive Long Term Athlete Development Model (LTAD) Information, BC Athletics and RJT Promo Materials.

For Questions or Workshop Registration Information:

Runjumpthrow@bcathletics.org or 604.333.3554

*Prices may vary due to other workshop costs - venue rentals etc.