



## BC Athletics 2009 AGM

### RUN JUMP THROW

#### **Background:**

RunJumpThrow is Athletics Canada's FUNdamental development program for children aged 6—12 years that focuses on the technical skill progressions of running, jumping and throwing which form the basis of track and field and all land-based sports. The skills are taught in the critical motor-learning stage of a child's development and form a foundation for physical literacy.

Since 2005 BC Athletics has worked to develop RunJumpThrow (RJT), supporting Athletics Canada's LTAD Model which has RJT as its Grassroots program. RJT course materials and lesson plans are now fully adaptable to Athletes with Disabilities including Wheelchair, Special Olympics, Blind, Cerebral Palsy and Amputees.

In 2008, the BC RJT program had a successful year, reaching 2219 new participants and training 124 instructors.

#### **Program Promotion:**

- RJT Article published in the August issue of IMPACT magazine.
- December RJT Newsletter
- New RJT section in the weekly BC Athletics Bulletin.
- RJT event promotion through National RJT page on Athletics Canada website.
- More than 3,000 program brochures disseminated through Action Schools mail-outs in August and January.
- Promotion and partnering with organizations: BC Sports Hall of Fame, KidSport, Sport BC Power of Sport Tours, BC Blind Sports, Special Olympics and BC Wheelchair Sports.
- Promotion through specific events: Harry Jerome International Track Classic, Victoria Track Classic, HBC Run for Canada, Vancouver Sun Run, Times Colonist 10k, Vikes Sports Camps

**Training and Certification:**

- Attended National RJT Meetings in Winnipeg.
- Provincial Coordinator attended, on invitation from Athletics Canada and Coaching Association of Canada, Generations for Peace Conference in Amman, Jordan and led RJT activities to 75 African and Mid -East youth workers.
- Trained 124 new RJT instructors.
- Instructor workshops delivered in South Surrey, Victoria, Kamloops, Kelowna, Nanaimo, New Westminister and Amman, Jordan
- Successful in training and encouraging two LFs to teach and deliver two new instructor training workshops.
- Teacher training in post secondary institutions: continued RJT Course at Vancouver Island University, planned and implemented RJT Instructor Training Course at Camosun College with the intention of training new instructors to deliver afterschool partnering program with KidSport Victoria. Discussions ongoing with Post Secondary institutions to integrate RJT into PE and Recreation programs and Teacher training curriculum. UVIC will integrate in 2009.

**Youth Program Delivery:**

- RJT activities delivered to 2219 new participants in 35 events.
- Direct delivery to First Nations school in Enderby, BC by two newly trained RJT instructors from Kamloops.
- Programs and workshops delivered through clubs: Ocean Athletics, Norwesters, Sunshine Coast Athletics, Kajaks, Kamloops T&F, Golden Ears, Universal Athletics,
- Direct delivery to schools throughout the province particularly through the Power of Sport tours in Kelowna and Kamloops.
- Summer Camps for kids in Bowser BC and as part of BC Blind Sports camps
- Implemented special project with BC Sports Hall of Fame – Hero in You speaker series and School Tours programs.

**Program Planning and Development:**

- Meeting with Athletics Canada, National and provincial program leaders in November 2008.
- Produced quarterly activity reports, semi annual financial reports.
- On going development and sale of RJT Equipment Bags.
- Finalized proprietary rights fees for equipment.
- Further sponsorship and funding opportunities being researched.

**Activities for 2008:****January/February/March**

Donation of Silent Auction items at the AGM :

Instructor workshop (value \$1600)  
 Bag of Equipment (value \$750)

Richmond Winter Festival  
 South Surrey Instructor Workshop

### **April/May/June**

Power of Sport Tour Kelowna BC  
 Times Colonist 10K  
 Vancouver Sun Run  
 Victoria Fitness Festival  
 Britannia After School Program  
 RJT at World Athletics Day meet  
 Laurier Elementary School promotional program  
 Victoria International Track Classic Press Conference  
 Harry Jerome Track Classic

### **July / August / September**

Canada Day HBC Run for Canada Victoria  
 BC Sports Hall of Fame Hero in You Series  
 Bowser BC, Community Summer Camp Programs  
 Beijing Bound Olympic Send off  
 National Championships RJT with BC Athletes  
 Article in IMPACT Magazine  
 Victoria Lifestyles and Learning Festival  
 Kamloops Fitness Fair

### **October/ November/December**

RJT Teacher Workshop at Douglas College  
 Elementary Teacher presentation as part of UVIC Continuing studies  
 Power of Sport Tour to 15 schools in Kamloops  
 RJT Instructor Workshop in Kamloops training Olympic and National team athletes Jennifer Joyce, Sultana Frizell, Dylan Armstrong.  
 Generations for Peace Conference: Amman Jordan  
 RJT program at BC Sports Hall of Fame

*Already in 2009:*

- *RJT delivered to 300 kids at Kidsport Perrys Prospects camp!*  
 Thank you and Kudos to Steph McCann, Ruky Abdulai, Mike Mason, Sam Walkow, and their coaches, Brit Townsend, Larry Blaschuk, Maureen de St. Croix and also to BC Wheelchair Sports coach James Hutsvedt and Kevin Bowie for joining us to show the adaptability of our program.

- Camosun College Learning Facilitator workshop and partnering with KidSport Victoria.

### Upcoming for 2009

- Vancouver Island University (formerly Malaspina College) RJT Training as part of PE Teacher Education Course
- Camosun College Training of RJT Instructors in their Community Coach /Recreation program
- Launching KidSport Victoria RJT after school program
- Living Colours Festival, Victoria
- Vancouver Children's Festival
- SUN RUN, TC10K, Jerome Track Classic
- Teacher workshops:
  - White rock Feb 13/14/15
  - Port Coquitlam Feb 19/20 /21
  - North Vancouver Fall 2009
  - Langley
- Planning for future instructor workshop in the Sunshine Coast and Langley.

The Following Clubs and their Champions of RJT must be commended for including RJT in their club programs and/or training JD Coaches to be able to deliver RJT programs

Kamloops Track and Field	Jarrett McLean
Kajaks Track and Field	Bryon Jack/ Richard Collier
Golden Ears Track and Field	Andrew Lenton
Ocean Athletics	Maureen de St Croix
Nanaimo Track and Field	Allen Johnson
NorWesters Track and Field	Dawn Copping
Parksville Track and Field	Randy and Kim Longmuir
Universal Athletics	Jesse Dusangh