



Run Jump Throw Program – BC Athletics AGM 2009 Report  
By Taunya Geelhoed

### 2009 Overview and Highlights

In 2009, Run Jump Throw (RJT) reached a total of 6,381 new participants at any of the 41 different events/sessions. RJT Direct Delivery sessions occurred all over the province in 2009. Some communities reached were Terrace, Surrey, Nanaimo, Saanich, Delta, Dawson Creek and Langley.

A total of 86 individuals were trained in Run Jump Throw workshops and in-services this year. A total of 4 RJT NCCP Certification Training Workshops were held in BC communities including: Port Coquitlam, Victoria and Vancouver. Three 8 hour Community Workshops were also held, one in Nanaimo, Prince George and Pitt Meadows.

This past May, RJT took part in The Vancouver International Children's Festival held at Vanier Park. A festival which bodes arts, crafts, musical and circus performances to open the minds and imaginations of children from all over Greater Vancouver invited RJT to be a part of the fun. Over 2,000 children participated in RJT activities during the five days we were at the festival. The event was a huge success and we look forward to working with the Children's Festival again in May 2010.

RJT participated in three Sport BC Power of Sport Tours during 2009. In February, the Tour was in Surrey and White Rock, where RJT was delivered in five different elementary schools. In May, the Tour went to Nanaimo where RJT delivered to three elementary schools, and in October the Tour went all the way to Terrace, where RJT was delivered to three different schools.

### RJT Staff

Thelma Wright concluded her position as BC Athletics RJT Coordinator on June 30<sup>th</sup>, 2009. In March I (Taunya Geelhoed) was hired as Thelma's RJT Assistant and Admin Assistant to the BC Athletics office. On July 1<sup>st</sup> I became the RJT Coordinator for BC Athletics.

Thelma Wright is currently a National Event Group Coach for Endurance with Athletics Canada. Her office is now based out of the National Endurance Centre at Pacific Sport Victoria. She is still involved in RJT in some aspects. She is the most experienced Master Learning Facilitator for RJT in BC, and she has taught two RJT workshops since taking on her new role at Athletics Canada.

### Program Planning & Reporting

In March 2009, RJT provided the final year plan of the British Columbia Sport Participation Program (BCSPP). This 12 month program plan was submitted as a funding contract with 2010 Legacies Now to be concluded March 31, 2010. The BCSPP plan coincides with the BC Athletics Strategic Plan, presenting measurable targets and objectives to be reached within the time frame of April 1, 2009 and March 31, 2010.

Some Run Jump Throw deliverables for 2009:

1. Program Delivery:

- a. Deliver 7 RJT sessions, at least 4 of which are in target areas/populations through Elementary schools, Clubs, Community Recreation Programs.
  - i. *RJT sessions to date: 41 (17 of which were held in Elementary Schools)*
- b. Increase participation numbers by 2000-3000.
  - i. *2008 participation: 2,194 – 2009 participation: 6,381 (Increase of 4,187)*
2. Deliver minimum of 2 programs in each Region of BC.
  - i. *RJT delivered to schools in Terrace, Mt. Currie, on the Island and all over the Lower Mainland*
3. Hold 3-4 Instructor Training Workshops in target areas/populations
  - i. *7 instructor training workshops were held in 2009, in areas such as: Victoria, Prince George, Pitt Meadows, Vancouver, Dawson Creek and Port Coquitlam. All of these areas boast great potential for such RJT events as summer camps, direct delivery and club training.*

### RJT Reach – 2008 and 2009 Comparison

In 2008, Run Jump Throw reached a total of 2,194 participants at 35 direct delivery events in BC.

In 2009, Run Jump Throw has reached a total of 6,381 participants at 41 direct delivery events in BC. This increase in participation would have not been possible without the partnerships between RJT in BC and other agencies such as KidSport, ActNow BC, The Vancouver International Children's Festival, Sport BC Power of Sport Tour and 2010 Legacies Now.

In 2008, RJT trained a total of 54 new instructors at 5 instructor courses hosted in BC.

RJT has hosted a total of four 15 hour NCCP training workshops where 36 individuals were trained in communities around BC including Vancouver, Victoria and Port Coquitlam. Also, 41 individuals have been trained in an 8 hour RJT community workshop either in Nanaimo, Prince George, Dawson Creek or Pitt Meadows this year. Total number of trained instructors so far in 2009: 86

Three new RJT learning facilitators have been trained in 2009 including Gillian Wright, Kerry Wadsworth and Andy Van Neutegem.

	<b>2008 (Jan – Dec)</b>	<b>2009 (Jan – Dec)</b>
<b>Direct Delivery Events</b>	35	41
<b>Total Direct Delivery Participation</b>	2,194	6,381
<b>8 or 4 HR Instructor Courses</b>	2	4
<b>Total # Instructors Trained at 8 or 4 HR courses</b>	8	50
<b>15 HR NCCP Training Courses</b>	4	4
<b>Total # Instructors Trained at 15 HR NCCP Training Courses</b>	26	36
<b>Learning Facilitators Trained</b>	2	3

## RJT Equipment

As of February 1<sup>st</sup>, 2009, Athletics Canada announced a “sets of four” rule for purchasing individual pieces of RJT equipment. RJT equipment can now be purchased from Athletics Canada in one of two convenient ways: (1) as a whole unit of equipment (RJT bag A or B), and (2) individual items may be purchased in multiples of four. This change was necessary for AC to ensure equipment stock availability at all times. Those who do not find it necessary to purchase the whole RJT bag can now order only their desired pieces in multiples of four. This also helps to keep the color system of RJT equipment intact, as all RJT equipment is available in red, green, blue, and yellow.

A new equipment order form has also been developed which includes all items for sale (individual pieces in multiples of four and Bag’s A and B). The form can be filled out and submitted via email directly to Alanna Boudreau – Grassroots Development Coordinator for Athletics Canada. All orders placed should allow 2 to 3 weeks for delivery.

## Program Promotion

Run Jump Throw promotional items were sent with the Action Schools! BC province wide mail-out along with BC Athletics School Club Membership Information in early September. A discount coupon for school in-service or a teacher workshop was included, and there have been quite a few inquiries based on this advertisement. Three schools are currently working on dates for an RJT in-service, and two other schools have put in requests to purchase equipment with their principals.

Working with ActNow BC at a number of events targeting youth participation at the “Meet the Venue” Free Skates held at the Richmond Olympic Oval has been a huge success this year for Run Jump Throw. Each event boasted a participation rate of at least 150 children, and showcased RJT to audiences not familiar with it yet.

The Run Jump Throw Newsletter was created and released this year in February, August and November. The Newsletter highlighted the past and upcoming events involving the program including direct delivery and training opportunities.

All workshops were posted online with registration forms as soon as they were booked, leaving ample time for participants to sign up. All information was also posted in the BC Athletics Bulletin until the session had concluded.

## BC Athletics Member Clubs

With the passionate lead of Kajak Avril Douglas, the Richmond based club is going to be piloting a spring Run Jump Throw Program under the Track Rascals membership. Looking to mirror the successes of such Track Rascals RJT Programs as Golden Ears Athletics and Peninsula Runners, Kajaks will run their own program for youth in their club this spring.

I would like to encourage all BC Athletics Member Clubs to take a look and see how they can offer a grassroots program such as RJT to their prospective and current membership. The values of the LTAD plan are current and useful in all clubs. Please get in contact with me to see how it can work best in your club environment.

## New Projects

In the summer of 2010, RJT and BC Athletics are going to be hosting summer camps in BC in some strategic pilot communities. With the help of some BC Athletics member clubs, RJT is hoping to run week-long summer

camps for children ages 6 to 12. These sessions will be good opportunities for summer jobs for RJT trained instructors, and to gain instruction hours to put towards RJT NCCP Certification. These summer camps will be BC Athletics initiated and may involve some partnering with other PSO's to provide morning and afternoon sessions in different sports.

After a successful RJT community workshop in Prince George in November, Pacific Sport Northern BC is going to be offering an afterschool RJT program for kids in the community. With snow already on the ground in Prince George, this will be a great opportunity to get the kids inside, keep them active, having fun and developing important fundamental movement skills.

Athletics Alberta and KidSport Canada hosted a KidSport Day this past September. On this day, over 60 elementary schools across Alberta ran RJT lessons with all of their students. They are looking to make this a national event and pilot the next day in BC. Discussions with KidSport on how to implement the event in BC are under way and we hope to pilot it in 2010.

### A Look at the Confirmed Events 2010

#### *January*

8 – Full-day Direct Delivery at Chilliwack Central Community School  
22 – Teacher workshop in Coquitlam for the district wide Pro-D day

#### *February*

13 & 14 – KidSport “Fun zone” Event for the Vancouver 2010 Olympics at Metrotown in Burnaby  
19 – Teacher workshop in Langley for the district wide Pro-D day

#### *March*

Run Jump Throw Newsletter to be released  
Final report for BCSPPP to be submitted by March 23, 2010

#### *April*

Sport BC Power of Sport Tour in Langley  
Vancouver Sun Run

#### *May*

17 to 24 – Vancouver International Children's Festival

#### *June & July*

Harry Jerome International Track Classic RJT Demo's  
BC Track & Field Championships  
BC Athletics RJT Summer Camps in pilot communities

<b>2009 RUN JUMP THROW EVENT PARTICIPANTS (JAN-DEC 2009)</b>			
<b>DATE</b>	<b>EVENT/SCHOOL NAME</b>	<b>LOCATION</b>	<b>TOTAL PARTICIPANTS</b>
10-Jan-09	Perry's Prospects Supercamp	Richmond Olympic Oval	312
16-Feb-09	Ray Shepherd Elem.	Surrey (Surrey PoST*)	42
16-Feb-09	Semiahmoo Trail Elem.	S. Surrey (Surrey PoST*)	73
16-Feb-09	Bayridge Elem.	Surrey (Surrey PoST*)	101
17-Feb-09	Rosemary Heights Elem.	Surrey (Surrey PoST*)	88
17-Feb-09	Ray Shepherd Elem.	Surrey (Surrey PoST*)	23
18-Feb-09	Pacific Heights Elem.	Surrey (Surrey PoST*)	133
22-Feb-09	PoCo Instructor Workshop	Port Coquitlam	10
01-Apr-09	Charles Dickens Annex	Vancouver	120
09-Apr-09	View Royal Elem.	Victoria	100
April 14-23, 2009	Delta Manor Elem.	Delta	266
19-Apr-09	Vancouver Sun Run	BC Place, Vancouver	180
26-Apr-09	Times Colonist 10K	Victoria	43
March 23-May 1, 2009	KidSport After School Prog. (6 week)	Victoria	89
27-Apr-09	St. Joseph's Elem.	Victoria	118
06-May-09	Uplands Park Elem.	Nanaimo (Nanaimo PoST*)	124
07-May-09	Ecole Hammond Bay	Nanaimo (Nanaimo PoST*)	118
08-May-09	Gabriola Elem.	Gabriola Island (Nanaimo PoST*)	95
May 11-18, 2009	Vancouver Int. Children's Festival	Vancouver	1978
15-May-09	Queen Elizabeth Annex	Vancouver	112
21-May-09	Xit'Olaww Community School	Mt. Currie	168
May 25-June 3, 2009	Queen Elizabeth Annex-Lunch Prog.	Vancouver	145
31-May-09	JDRF TELUS Walk for a Cure	Burnaby	28
14-Jun-09	Harry Jerome Track Classic	Burnaby	57
19-Jun-09	Global Montessori School	Langley	87
23-Jun-09	International Olympic Day	Richmond Olympic Oval, Richmond	150
July 13-17, 2009	Phoenix Gymnastics Summer Camp	Vancouver	12
17-Jul-09	ActNow BC Free Skate	Richmond Olympic Oval, Richmond	450
July 27-31, 2009	Panorama Rec Centre Summer Camp	North Saanich	280
July 27-31, 2009	Phoenix Gymnastics Summer Camp	Vancouver	9
13-Sep-09	ActNow BC 'Plaza Party'	Richmond Olympic Oval, Richmond	89
27-Sep-09	UBC NCCP Workshop	Vancouver	14
03-Oct-09	Langley Mustangs RJT Practice	Langley	25
20-Sep-09	PacSport Victoria Sunday Sessions	Victoria	26
19-Oct-09	Uplands Elementary	Terrace (Terrace PoST*)	140
20-Oct-09	Cassie Hall Elementary	Terrace (Terrace PoST*)	90
22-Oct-09	Veritas Catholic School	Terrace (Terrace PoST*)	24

20-Oct-09	Fall World Cup - Activity Zone	Richmond Olympic Oval	137
05-Nov-09	Athletes of the Future Leadership - Eric Hamber Sec.	Vancouver	96
8-Nov-09	Victoria Athletics' Coaches Day	Victoria	50
22-Nov-09	ActNow BC Free Skate Event	Richmond Olympic Oval	179

**Total Participants in 2009 = 6,381**

*\*PoST – Sport BC Power of Sport Tour*