



Presented by the National Athletics Endurance Centre Victoria, through support from Pacific Sport Victoria and University of Victoria Athletics and Recreation

## Run Jump Throw (ages 5-11)

- Athletics Canada's core skills and grassroots program for Track and Field
- Teaches FUNdamental Skills of Running Jumping and Throwing
- Follows SPORT CANADA's Playground to Podium LTAD [www.LTAD.ca](http://www.LTAD.ca)
- Skill progressions which form the foundation for all sports with specific Technical skill progressions for track and field events
- Teaching progressions based on physiological growth and development
- FUN, active and inclusive learning environment will be stressed

Taught by: Fully Trained RJT Instructors and members of the Vikes Track and Field Team.

## Speed Agility Skills Program (ages 11-13, 13-15 & 16-18)

This program is focused on providing you with increasing levels of athleticism that are important to your coach. You will see improvements in the following areas:

- speed
- strength
- foot work
- vertical and horizontal jump
- power
- endurance
- hand eye coordination
- agility
- special perception
- balance

This is an ongoing program, with advancing skill sets as you progress in your **athleticism.**

**Instructor:** Dacre Bowen, NCCP level 3 Certified Sprint Coach.

Both RJT and SAS Programs will run concurrently at the time listed below; Please indicate on the form which program you wish to attend.

<b>Days</b>	<b>Dates</b>
SUNDAYS	September 19 – December 5 (no class October 10, October 31)
<b>Times:</b>	4:00pm - 5:15pm
<b>Fees:</b>	\$120 / 10 classes
<b>Location:</b>	Ian Stewart Complex, 3964 Gordon Head Road, University of Victoria

**PLEASE RETURN REGISTRATION FORM ATTACHED BY SEPTEMBER 15, 2010**

For information contact Program Director: Angela McLeish [samcleish@shaw.ca](mailto:samcleish@shaw.ca) 250-598-8941

