



8 Hour Run Jump Throw Community Workshop

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

Cost of Workshop:

**all costs subject to 5% GST*

Up to 10 participants from the Host Organization	\$1200
Each additional participant from Host Organization	\$100
Each additional participant from Outside Host Organization	\$125
Resource Manual (additional cost) for Community Programmers and qualified individuals	\$35

**BC Athletics Members (School, Club, or Individual) receive 20% off workshop*

Included in pricing:

- Technical Elements of a Run, Jump & Throw
- Sample RJT Lesson Plans
- Long Term Athlete Development Information
- BC Athletics and RJT Promotional Materials

For any questions or workshop registration information, please email: runjumpthrow@bcathletics.org or call: 604.333.3554

This project is part of the BC Sport Participation Program, supported by:



National Coaching Certification Program

