



Workshop Fee Schedule

4 Hour Run Jump Throw Presentation

Time	Module
8:30 – 9:00	Welcome, Introduction & Athletics for Life Video
9:00 – 9:45	Why RJT? and General Athletic Development
9:45 – 10:00	BREAK
10:00 – 12:00	Teaching progressions for Run, Jump & Throw with Games and application
12:00 – 12:30	Options for workshops and Delivery and RJT Certification

Cost of Workshop:

**all costs subject to 5% GST*

Up to 10 participants from the Host Organization	\$500
Each additional participant from Host Organization	\$45
Each additional participant from outside Host Organization	\$55
RJT Manual (additional cost) for teachers only	\$35

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

Included in pricing:

- Sample Course Materials
- 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

