



RunJumpThrow Newsletter August 2009



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Introduction from RunJumpThrow Coordinator – Taunya Geelhoed



Hello and Happy August to all of you!

I hope that you have had the chance to enjoy the wonderful weather we have been experiencing as of late, and that nobody has been affected by the record number of forest fires around the province. Summer is a beautiful time to be in British Columbia. This is my first edition of the RunJumpThrow Newsletter as RJT Provincial Coordinator, and I just wanted to introduce myself to everyone in the RJT community here in BC. My name is Taunya Geelhoed. I am a recent graduate from the University of Louisiana at Lafayette, and a former collegiate soccer player.

I have been working for BC Athletics since March of 2009 under Thelma Wright as her RJT Assistant, and as of July 1, 2009 I took over the role of Provincial Coordinator for the program. Thelma is now working out of Victoria, BC for Athletics Canada as National Endurance Event Group Coach. We wish her all the best!

In this edition of the RunJumpThrow Newsletter, I am going to share with you a re-cap of our busy spring and summer, and also share with you the new and upcoming RJT events! I am looking forward to sharing with you all of our past, present and future endeavours, and hope that you may continue to change lives with your passion for sport and inspire children to be active through RJT.

Thanks again, and enjoy!

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RunJumpThrow in 2009... So Far! A Monthly Update

A lot has been happening in the RunJumpThrow community this year... here is what you may have missed!

APRIL

The Vancouver Sun Run – April 19, 2009

The 2009 Vancouver Sun Run was held this year on April 19, 2009. The finish line was at BC Place Stadium, and so was RJT! There was a huge RJT demonstration area, where all children could come and have a little fun amidst the Sun Run excitement. Kids tried out running hurdles, high jumping scissor kicks, bean bag shot put and much more! Over 150 kids came and tried out RJT!

Delta Manor Elementary – April 14 – 23, 2009

Delta Manor Elementary learned late in the spring that their school's fate was on the edge; they might be shutting down after the current school year. They chose to host RunJumpThrow sessions during the month of May! Despite the worry and despair of things to come, the children got to experience the teachings of Thelma Wright, Master Learning Facilitator and Stephanie Berto, RJT Instructor. They led 8 full days of direct delivery to the students of Delta Manor. The children learned all the basics, and even began more technical aspects as the days progressed. Sadly, Delta Manor was shut down at the end of the spring. We wish all the students and faculty the best of luck in the future.

Other events in April:

St. Josephs Elementary in Victoria hosted RJT direct delivery, the last week of KidSport Victoria's after school program with RJT was at the end of April, and the Times Colonist 10K was held on April 26, 2009 in Victoria. RJT activities were a part of the celebration for kids!

MAY

Power of Sport Tour in Nanaimo – May 4-9, 2009

The Sport BC Power of Sport travelled to Nanaimo this May, and RJT went right along with it! Three schools in the Nanaimo area had the expertise of RJT Instructor Hayley Spurr for a day: Uplands Park, Hammond Bay, and Gabriola Elementary. Also, RJT hosted an 8-Hour Instructor Workshop May 8-9 in Nanaimo taught by Allen Johnston and Hayley Spurr.

The Vancouver International Children's Festival – May 11-18, 2009

The Vancouver International Children's Festival is held each year in Vanier Park. It provides entertainment with circus shows, musical performances, art and crafts, and this year for the first time, RunJumpThrow! RJT had a huge demonstration space with all of the equipment out for all the kids to try! With the help of RJT Instructors, as well as the Children's Festival volunteers, almost 2000 children got to experience RJT!

Queen Elizabeth Annex – Lunch hour Track Practices and Mini-Meet

For three lunch hours in May, RJT Instructors Gillian Wright and Hayley Spurr held track and field practices for the children of Queen Elizabeth Annex in Vancouver. Then on the fourth day, they held a “Mini Track & Field Meet” giving all the children the chance to compete in a fun, safe and fair environment where everyone was a winner!

Other events in May:

Xit’alcow Community School in Mt. Currie hosted RJT direct delivery. Also, RJT Demonstrations for children were held at the TELUS Walk for A Cure benefitting the Juvenile Diabetes Research Fund. The walk took place at Swangard Stadium on May 31, 2009.

JUNE

Harry Jerome International Track Classic – Held on June 14th, 2009

Before the star athletes took centre stage at the Harry Jerome Track Classic, younger rising stars had the chance to showcase their skills in the RJT area in the stadium! During the elementary school relays, about 50 children got the chance to try out each of the RJT skills including running hurdles, “Throw-on-a-rope,” block and agility relays as well as bean bag shot put in the real shot put competition area.

International Olympic Day – June 23, 2009

Invited by ActNow BC, RJT was a part of the International Olympic Day celebrations at the Olympic Speed Skating Oval in Richmond on June 23rd. Children from select schools were invited to take part in the celebrations including meeting the Olympic Mascots, seeing the Olympic torch, skating on the Olympic Oval ice and participating in RJT activities!

CanoeKayak BC Summer Instructor Workshop – June 26th, 2009

In partnership with CanoeKayak BC, 26 Summer Camp Instructors were trained in RunJumpThrow by Master Learning Facilitator, Andrew Lenton. People from diverse sport backgrounds were introduced to the skills and benefits of the RJT program, and how they could use it at their summer camps to help children develop specific skills!

Other events in June:

Global Montessori School in Langley held a RJT end of the year picnic at Aldergrove Lake Park.

JULY

Phoenix Gymnastics Club Summer Camps – July 13-17 and July 27-31, 2009

After a morning of gymnastic skills, the children at the Phoenix Gymnastics Club summer camps got an afternoon full of RJT! For two different week long summer camps RJT Instructor Hayley Spurr taught children the skills of RJT and had tons of fun doing it!

ActNow BC Free Skate – July 17, 2009

Invited by ActNow BC, RJT was an activity station at their Free Skate for the Boys & Girls Clubs of Greater Vancouver. Over 400 children rotated through RJT and other stations including skating, wheelchair basketball, Sport Fit and badminton for a full day of physically active fun.

Panorama Recreation Centre – July 27-31, 2009

During the last week of July, in Saanich, RJT Instructors Anastasia Pearse and Lauren Fougner ran afternoon RJT sessions at the Panorama Recreation Centre's summer camp. The week was olympically themed "Go for the Gold," and all the RJT games and events fit right in!

Other events in July:

RJT and the BC Sports Hall of Fame are finalizing plans to have a RunJumpThrow themed field trip available at the Hall of Fame located at BC Place Stadium. The field trip will be offered during the 2009-2010 school year. Look out for more information!



Upcoming Events

RJT 15 Hr NCCP Certification Course – September 25, 26, 27, 2009

Run Jump Throw and UBC Track & Field are proud to present a 15 Hr NCCP Certification Course in September. The course will take place on September 25, 26, and 27th at the War Memorial Gym on the University of British Columbia campus. The instructors will be Jenn Schutz, UBC Assistant coach for Cross Country and Track & Field, RJT Learning Facilitator and Byron Jack, RJT Learning Facilitator. For registrations forms and information, check out www.bcathletics.org/main/rjt.htm

Whistler Spirit Run – September 26, 27, 2009

There will be active demonstrations of RJT skills and games for children in Whistler for the Spirit Run in September. Look out for more details.

Power of Sport Tour in Terrace – October 19-23, 2009

RJT will be part of the Tour's school program, as well as hosting an Instructors Workshop. Be sure to sign up your school if we are coming to your community, and look out for more information about the Instructor Workshop.

"Aiming for Excellence" Conference in Dawson Creek – October 26, 27, 2009

Master Learning Facilitator, Thelma Wright, will be conducting a RJT active speech for teachers in Dawson Creek at their Professional Development Conference.

Workshop Information

Coaches can be trained and certified as RJT Instructors by attending a weekend workshop and delivering the program through their club or school based program. The program can also be delivered to teachers as one day Professional Development workshops.

Teachers or coaches wishing to facilitate the training of student-athlete coaches or parents in their club/school, or wishing to increase their NCCP certification levels, can be further trained as RJT Learning Facilitators. NCCP certification in the new education stream is given following delivery.

Types of Workshops

- 4 hour RJT Presentation
- 8 hour RJT Community In-service
- 8 hour Teacher Certification
- 15 hour NCCP Certification

Booking a Workshop

You can either host your own workshop or attend one that is already taking place! For information on booking a workshop, or registering for an existing workshop, please visit www.bccathletics.org/main/rjt.htm or contact RunJumpThrow at BC Athletics by phone at 604.333.3554 or by email at runjumpthrow@bccathletics.org

RunJumpThrow in Schools

Action Schools! BC

RJT fits into the Action Schools! BC framework for action by delivering to all six action zones. Click here to find out how: <http://www.bccathletics.org/main/pdf/rjtactionschools.pdf>

RJT can also be found in the Action Pages! Teacher resource: a physical activity, physical education and healthy eating resource guide.

Direct Delivery

Trained RunJumpThrow Instructors can come to your school to conduct fun, age-appropriate lessons on the basics of movement. Direct delivery is available for whole-day sessions or half-day sessions. For more information check out: <http://www.bccathletics.org/main/rjtcampfees.htm>

Check this out!

Click to watch on YouTube: [Athletics for Life](#)



This short video illustrates how Track and Field and RunJumpThrow provide the tools for children to learn fundamental running, jumping and throwing movement skills that help to acquire a strong foundation for success in all other sports and physical activities. This is the value of the sport of Athletics – preparing Canadians for a lifetime of excellence and diversity in active living.

RunJumpThrow Equipment

RunJumpThrow offers everything you would need to run a successful RJT program! Our RunJumpThrow Equipment Bag includes cones, agility blocks, bean bags, "throw-on-a-ropes" and much more all inside one bag on wheels! It is easy to move on its wheels and easy store it all away in one place until next time!

To order the RJT equipment bag or individual items, click here:

<http://www.bccathletics.org/main/pdf/rjtbagorder.pdf>



RunJumpThrow is presented in our province by BC Athletics. What is BC Athletics?

BC Athletics is the Provincial non-profit amateur sport organization for Track & Field, Road Running, Marathons/Ultras, Cross Country/Trail Running and Race Walking. A Branch member of Athletics Canada, BC Athletics is made up of individual members, member clubs and affiliated organizations. The purpose of the Association is to promote, encourage and develop the widest participation and the highest proficiency in the sport of Athletics.

For membership information and to view the weekly BC Athletics Bulletin with all the up to date news from BC Athletics and RunJumpThrow visit: www.bcathletics.org

Links



BC Athletics – RunJumpThrow

<http://www.bcathletics.org/main/rjt.htm>

BC Athletics Homepage/Bulletin

<http://www.bcathletics.org/main/index.htm>

Sport BC

<http://www.sport.bc.ca>

Canadian Sport for Life: Long Term Athlete Development (LTAD)

<http://www.canadiansportforlife.ca>

Athletics Canada

<http://www.athletics.ca>



Comments, Concerns and Submissions



If you have any comments or concerns or if there is anything you would like to submit for the RJT Newsletter: community events, RJT stories, photos or links, please submit them to runjumpthrow@bcathletics.org. Thanks!

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