



## JUNE 2006 – Volume II, Issue 2

Welcome to the third RunJumpThrow newsletter. It's been a busy and exciting three months, dozens of instructors certified and thousands of children getting expert instruction in RunJumpThrow. Highlights from this issue include:

### Smithers Secondary School Instructors Share their Knowledge

#### 80 Kids RunJumpThrow with the Stars

#### RunJumpThrow Office gets new Assistant

#### Tracking – needed by June 30!!

It is imperative that we track the delivery of RJT throughout the province to meet our funding and reporting requirements and do our part to increase physical activity by 20% by 2010. Tracking forms can be downloaded at

[www.bcathletics.org/main/pdf/partic\\_tracking.pdf](http://www.bcathletics.org/main/pdf/partic_tracking.pdf)

Please send completed forms to [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org) for our database. If your numbers are too large, or you don't have the time to complete the form, please send us an email with the number of children, age range and city of instruction. If you have any questions please do not hesitate to contact us.

#### Smithers Secondary School Instructors

The Smithers area has recently had a boom in RunJumpThrow activity. Aside from the nine teachers he recently trained at a teacher's workshop in April, Master Learning Facilitator Greg Peters has trained four of his students from Smithers Secondary School to be instructors. Since then, Stacey Irvine, Jaci O'Neill, Meghan Richey, and Erica Rutley have been using their spare time between and after classes to visit elementary schools and deliver RunJumpThrow to children in Northwest BC. To date they have spent over 30 hours at Walnut Park, Muheim Memorial, Quick, and St. Joseph's Elementary Schools. Greg has also visited Telkwa and Lake Kathlyn Elementary Schools. It is the work of dedicated leaders such as these that is allowing RunJumpThrow to reach all areas of the province, giving every child a chance to learn the basics of all sports in a safe, fair, and fun environment.



Erica Rutley (far) and Jaci O'Neill (near) teach RunJumpThrow to some eager participants at Walnut Park Elementary School.

#### Photos Wanted!

Send photos of RunJumpThrow in action in your region to

[kristin.carpenter@bcathletics.org](mailto:kristin.carpenter@bcathletics.org)



Star Athletes at the Victoria International Track Classic's "Run with the Stars". Photo courtesy of Adrian Lam.

### **80 Kids RunJumpThrow with the Stars**

On June 9<sup>th</sup> 80 kids participated in a special RunJumpThrow session led by national team athletes and RunJumpThrow instructors in Victoria. The "Run with the Stars" event was hosted by the Victoria International Track Classic. All participants were given a t-shirt that allowed them free admission to the meet later the same weekend. National team athletes that came out for the event included Diane Cummins, Aschraf Tadilli, Gary Reed, Zach Whitmarsh, Angela Whyte, Karl Jennings, Aimee Teteris, and Stephanie McCann. Helping the Canadian national team athletes were University of Victoria Track and Field team members, plus some top Chinese and American athletes.



Maureen De St Croix throws with the kids at the Vancouver Sun Run. Photo courtesy of David Dolsen.

### **RunJumpThrow at the Vancouver Sun Run and Times Colonist 10km!**

Two popular road races in Vancouver and Victoria helped to promote RunJumpThrow in April. Over 50,000 10km participants, and 1500 mini sun run

participants running, jogging and walking to BC Place Stadium in Vancouver on Sunday April 23<sup>rd</sup> for the Vancouver Sun Run post-race party was the perfect setting for 10 instructors to teach RunJumpThrow activities to 250 kids. Then, just one week later, the Times Colonist 10km in Victoria was the launching pad for another successful RunJumpThrow demo. Approximately 80 kids experienced the program first hand with five instructors.



Kristin Carpenter helps out at the Vancouver Sun Run. Photo courtesy of David Dolsen.

### **New Assistant for RunJumpThrow**

Kristin Carpenter is the new Administrative Assistant for RunJumpThrow at BC Athletics. Kristin recently graduated from UBC with a degree in Leisure and Sport Management. She competed on the UBC Track and Field and Cross Country teams for five years and has been a member of BC and Canadian teams. She will be doing many of the administrative tasks associated with the program and can be reached at [kristin.carpenter@bcathletics.org](mailto:kristin.carpenter@bcathletics.org) or 604-737-3175.

### **Certification as an RJT Instructor - NCCP Ethics Evaluation Online Now**

The Coaching Association of Canada's "Make Ethical Decisions" online evaluation is up and running. RunJumpThrow instructors who have completed the Instructor Workshop must take this module to complete certification requirements. The CAC has emailed instructions to all instructors in their database on the procedures for this 1-hour module. For more information, visit [www.coach.ca](http://www.coach.ca).

*\*Please note: Instructors that have recently completed an RJT Workshop may not yet be entered in the NCCP database. Please wait for an email from the CAC before attempting to take the ethics module.*

### Upcoming RunJumpThrow Activities

For upcoming RunJumpThrow activities please check the website: [www.bcathletics.org/main/rjt.htm](http://www.bcathletics.org/main/rjt.htm). We are excited to hear about any RunJumpThrow camps, workshops or demonstrations you may be planning for your region. The BC Athletics RunJumpThrow office is

available for help and support. It's your energy and commitment that will see the program expand to all corners of the province and give all BC children the chance to be the 'best they can be'.

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**Special thanks to the following for their input into this newsletter:**

