



# RunJumpThrow Newsletter

November 2009



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## Introduction from RunJumpThrow Coordinator – Taunya Geelhoed



Hello and Happy November!

The Run Jump Throw Program has been hard at work these past few months making plans for the end of 2009 and the New Year. With 2010 quickly approaching, so are the RJT opportunities! This month we have a Community workshop taking place in Prince George, and last month we were in Terrace with the Power of Sport Tour and in Dawson Creek for a Teacher Professional Development Conference. Run Jump Throw has literally been all over the place!

In December, BC Athletics will be hosting its 2010 Annual General Meeting in Richmond, BC and we are busy making preparations of all kinds for this exciting event. We hope you all can make it out and show your membership support for the Association.

Next February the Olympics are coming to Vancouver, and the opportunities for RJT involvement in the community is becoming more and more apparent. Look out for RJT events involving the Olympic Spirit!

This issue includes an overview of all RJT events from the past few months including all the travelling! Also, we are introducing an “Equipment Spotlight” section. Each issue a piece of the RJT Equipment Bag will be SPOTLIGHTED with sample games and skills it can be used to teach. Look out for that section each issue!

Thanks for taking the time to check up on Run Jump Throw in BC, and I look forward to updating you again in the 2010! Happy New Year!

Taunya Geelhoed  
RunJumpThrow Provincial Program Coordinator  
BC Athletics – #120 – 3820 Cessna Drive, Richmond, BC V7B 0A1  
T: 604-333-3554 F: 604-333-3551  
Email: [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org)





## RunJumpThrow – What’s been happening?!

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

### RJT NCCP Workshops take over September

In September 2009, two NCCP 15 hour workshops were held, one in Victoria and one in Vancouver training a diverse group of individuals who are now on their way to becoming “certified” RJT instructors. The 15 hour NCCP training for certification course offers classroom learning, real analysis of skills and most importantly practical teaching experience. Once an individual has completed the 15 hr NCCP workshop, they are considered a “trained” RJT Instructor, and must take steps to become “certified.” For more information on the road to certification, please visit:

[www.bcathletics.org/main/rjt.htm](http://www.bcathletics.org/main/rjt.htm)

#### McKinnon Building – University of Victoria – Victoria BC Sept 11, 12 & 13, 2009

The second weekend in September (11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>) hosted the RJT NCCP Workshop held in Victoria. Facilitated by none other than Thelma Wright, the course offered knowledge and skills to seven worthy participants.

#### War Memorial Gymnasium – University of British Columbia – Vancouver BC Sept 25, 26 & 27, 2009

On September 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup>, five eager track and field enthusiasts took the course at UBC’s War Memorial Gym. The course was facilitated by Assistant UBC Track and Field Coach, Jenn Schutz with the assistance of Kajak’s Coach, Byron Jack.

### Action Schools! BC Province Wide Mail-out on Physical Literacy

In September 2009, Action Schools! BC sent out 1,800 information packages to every school in the province of BC. Included in the mail-out was: Sport Canada’s Guide to Developing Physical Literacy in children ages 0 to 12, BC Athletics and Run Jump Throw information guides.

#### BC Athletics School Club Membership

Schools all over BC received the necessary information to register their school as a BC Athletics School Club Member and receive such benefits as increased competitive opportunities, insurance coverage (when school insurance is not in place), decreased costs for entries to BC Athletics sanctioned competitions and much more. For more information on BC Athletics School Club Memberships, please visit: [www.bcathletics.org](http://www.bcathletics.org)

#### Run Jump Throw DEAL!

Offered as part of the Action Schools! BC mail out was a RJT discount coupon. This coupon offered discounts on service such as Full-day RJT In-services and Teacher In-services. The deal is only valid if the session is booked before December 15<sup>th</sup>, so be sure to book soon if you are looking to redeem your discount!

## Sport BC Power of Sport Tour® takes RJT to Terrace

The Power of Sport Tour does something remarkable, twice a year. It travels to communities all over BC to share the benefits of sport through community and school sports programming.

During October 19<sup>th</sup> through 23<sup>rd</sup>, 2009, the Power of Sport Tour® travelled to Terrace, offering programs like Run Jump Throw to the schools and people of the community. Run Jump Throw Instructor Greg Peters made the long journey to Terrace and presented the program to three different schools with an outstanding response, and a little Olympic help.

### Terrace Standard article on RJT's Involvement at Power of Sport Tour®

Robert Esmie, 1996 Olympic Gold Medalist for the 4x100 Relay assisted Greg on Tuesday, October 20<sup>th</sup> at Cassie Hall Elementary School. Check out this great article in the Terrace Standard outlining the fun day RJT had with the kids: [http://www.bclocalnews.com/bc\\_north/terracestandard/sports/66239237.html](http://www.bclocalnews.com/bc_north/terracestandard/sports/66239237.html)

### Overview of the Tour® from [www.sport.bc.ca](http://www.sport.bc.ca):

Since 2000, The Power of Sport Tour® has visited more than 25 communities around the province. The Power of Sport Tour® rallies the skills and expertise of Provincial Sport Organizations to offer the community workshops, seminars, presentations and demonstrations designed to encourage broader public participation, increased sport awareness and overall sport development. The next stop for The Power of Sport Tour® will be in Langley in April 2010.

Be on the lookout for information about RJT in Langley in April 2010 with the Tour®.

## Richmond Olympic Oval turns to RJT for 'Activity Zone'

On Tuesday, October 20<sup>th</sup>, Run Jump Throw hosted the Activity Zone at the Fall World Cup Speed Skating Team Canada trials which took place at the Richmond Olympic Oval. Elementary school teachers were invited to bring their students for a day of high level sporting fun, cheering and Run Jump Throw! Over 100 kids came to the Activity Zone and took part in a number of RJT activities and skill building exercises between the speed skating races and before the action began in the morning.

## "Aiming for Excellence" Exploration Education Conference

Thelma Wright made the journey to Dawson Creek on October 26<sup>th</sup> to present at the "Aiming for Excellence" Exploration Education Conference for professional development. Thelma gave two presentations on the importance of RJT and Long Term Athlete Development, as well as general Growth and Development facts. The sessions were active and all the teachers were involved in trying each skill and using all of the RJT equipment. Thanks "Aiming for Excellence"!



## Canadian Olympic School Program presented by RBC holds RJT Bag Contest

Inspire your students through Olympian stories, activities, projects, interviews, videos and contests. This online library includes teaching tools like Olympian stories, with handouts, teaching tips, an evaluation rubric and a list of links to provincial learning outcomes.

Last spring, schools and teachers could enter a contest to carry the Olympic Flame or win a RJT bag of equipment. The contest was held all over Canada with 8 schools in the country winning, and a school in BC won one of the RJT bags! Congratulations to Westside Academy in Prince George, BC! By pledging to create a better Canada, Westside Academy has won an RJT bag of equipment, and a visit from a RBC Olympian!

Get your students ready and excited for the Olympics. Logon to check out the free resources the Olympic School Program presented by RBC has to offer. Check out [www.olympicschool.ca](http://www.olympicschool.ca)

### Olympic Torch Relay – When will it be in your city or town?

Over 1,000 communities in BC will be able to celebrate as the Olympic flame travels for the next 106 days. Be sure to go out and cheer on the torchbearers when they are in your neighbourhood. See when the relay will be in your city or town: [www.vancouver2010.com/en/torch-relays/olympic-torch-relay/the-route/interactive-map/-/58040/17ckajb/index.html](http://www.vancouver2010.com/en/torch-relays/olympic-torch-relay/the-route/interactive-map/-/58040/17ckajb/index.html)

## Track Rascals Memberships



Track Rascals is a membership type with BC Athletics for girls and boys ages 6 to 8. It is an annual individual non-competitive membership type with BC Athletics. This membership category was designed for clubs to give younger athletes a place to get into track and field and learn some basics while having FUN and being active! Integrating the Run Jump Throw program into BC Athletics clubs was also the reason for the creation of this membership.

A Track Rascals program can be designed with the framework from the Run Jump Throw program. With an endless choice of warm-up games, skill building activities, and fun ideas, RJT is the perfect guide to a successful Track Rascals program in any BC Athletics Club.

Track Rascals Membership benefits include liability insurance, Athletics Canada membership and discounts on goods and services from BCA partners.

Starting a Track Rascals program in your club could be as easy as rounding up all the younger siblings of your club's athletes.

### What goodies can we offer the kids?

Other goodies available for clubs to offer Track Rascals members include BC Athletics RJT Track Rascals T-shirts in a choice of four colors: green, yellow, red and blue! Also available are RJT Wristbands and RJT tattoos.

### More Information

For more information and guidance on how to get a Run Jump Throw program started in your club or community, email: [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org)

## Run Jump Throw NCCP Training Opportunity



Members of the Kajaks Track and Field Club in Richmond, BC have some individuals interested in taking a 15 hour Run Jump Throw NCCP Certification Training Course. They are looking for more participants to make the course a huge success and to get the most out the learning experience. So we are putting the call out for anyone that is interested!

If you are interested in attending a 15 hour RJT NCCP Workshop, please contact Taunya Geelhoed – RJT Coordinator at [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org) or 604.333.3554 as soon as possible!

## Upcoming Events



### RJT 8 hour Community Workshop – November 21, 2009 in Prince George BC

Run Jump Throw and Pacific Sport Northern BC are proud and excited to present an RJT training opportunity in the community of Prince George. As the weather gets cold outside, let's take it inside for some fun with Run Jump Throw. This course will give participants the knowledge necessary to run fun, safe and educational RJT sessions in their communities. Whether you need something to do inside over the winter with the kids, or you are looking to gain some knowledge before the track and field season this spring, this workshop will cover everything you need to know. Learning Facilitator Allen Johnson will be making the trip to Prince George, and he will be bringing years of teaching and RJT experience with him.

Registration available at: <http://www.pacificsport.com/content/Main/NorthernBC/NorthernBCEvents.asp>

*For more information on this workshop, please contact:*

Kristen Harrott, General Manager

Pacific Sport Northern BC

T: 250.960.5346

Email: [kharrott@pacificsport.com](mailto:kharrott@pacificsport.com)



## Equipment Spotlight

In each issue of the Run Jump Throw Newsletter, a piece of RJT equipment will be in the SPOTLIGHT! Learn what the benefits of each piece of equipment are including what to use it for, why it works and a great game to try it out! This editions feature is... the BEAN BAGS!

### Bean Bags – what do I do with them?!

Bean bags can be used in warm ups, skill building activities and many games too! They are good for throwing in the air, playing catch, jumping over, sitting on, and even marking boundaries.

### Why bean bags?!

Bean bags are soft and easy for little hands to hold and grip. They come in a variety of colors including blue, yellow, red and green, to help identify teams, groups and line-ups.

### Try this game!

#### **Bean Bag Scatter** (page 97-Run Jump Throw Teacher Resource Manual)

Spread beanbags throughout the gym. Participants walk around/among them. Upon command from teacher/instructor participants place a designated body part on the beanbag (elbow, head, hand, etc). Repeat with different body parts!

*Variation:* Use colors in commands (elbow on blue), that way participants have to find a blue beanbag to put their elbow on.

## 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.bcatletics.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.bcatletics.org/main/rjtcampfees.htm>

### Links

#### BC Athletics – RunJumpThrow

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

#### BC Athletics Homepage/Bulletin

<http://www.bcatletics.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](mailto:runjumpthrow@bcathletics.org). Thanks!

RunJumpThrow – BC Athletics 120-3820 Cessna Drive, Richmond, BC V7B 0A2 T: 604.333.3554 F: 604.333.3551