



### 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
<b>9:45 – 10:00</b>	<b>BREAK</b>
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](mailto:runjumpthrow@bcathletics.org) or call: 604.333.3554

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

