



8 Hour Run Jump Throw Community Workshop

| Time | Module |
|----------------------|---|
| 9:00 - 9:30 | Welcome, Introduction and Athletics for Life Video |
| 9:30 – 10:45 | Why RJT? and General Athletic Development |
| 10:45 - 11:00 | Break |
| 11:00 – noon | Analyzing Performance: RUN |
| 12:00 - 1:00 | Lunch Break (Optional: Dartfish Demonstration) |
| 1:00 – 2:00 | Analyzing Performance: JUMP |
| 2:00 - 3:00 | Analyzing Performance: THROW |
| 3:00 - 3:15 | Break |
| 3:15 - 4:00 | Overview of a Practice |
| 4:00 – 4:45 | Safety and EAP |
| 4:45 – 5:00 | Options for delivery and RJT Certification |

Cost of Workshop:

**all costs subject to 5% GST*

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| Up to 10 participants from the Host Organization | \$1200 |
| Each additional participant from Host Organization | \$100 |
| Each additional participant from Outside Host Organization | \$125 |
| Resource Manual (additional cost) for Community Programmers and qualified individuals | \$35 |

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

Included in pricing:

- Technical Elements of a Run, Jump & Throw
- Sample RJT Lesson Plans
- 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:

