

Granville Park, Vancouver BC

August 13th, 2015



Granville Park was the setting for another great day of track & field fun. On a sunny Thursday, children participating in Camp Virgule, a Francophone summer camp, joined two of our **RunJumpThrowWheel** instructors for a day full of grassroots track & field events. The morning started off with sprints and hurdles activity, where the participants got to learn and practice hurdling technique. Within a short period of time, the kids were progressing from shin-height “banana hurdles” to waist-height “scissor hurdles”. They were also introduced to the correct starting procedure for sprints as they reacted to the “On your mark, get set, go” commands (or in this case, “A vos marques, prêts, partez”). Following the running activities were throws (javelin, shot put and discus) and jumps (high jump and long jump), with ample water and snack breaks interspersed to keep everyone fuelled. The day was wrapped up with an obstacle course relay, complete with a kiddie pool to act as a simulation steeplechase water-pit.

Thank you to [Camp Virgule](#) for inviting RJTW to be a part of your Olympics themed week!

To book a RJTW session of your own, contact Meghan Butterworth, RJTW Coordinator, at Sabrina.nettey@bcathletics.org

