TRACK RASCALS
1. WHO are TRACK RASCALS?

2. TRACK RASCALS and Run Jump Throw Wheel

3. TRACK RASCALS and BC Athletics Clubs

4. Promotional Materials and Add-Ons
TRACK RASCALS is a BC Athletics membership for boys and girls ages 6 to 8. TRACK RASCALS are a non-competitive DEVELOPMENT focused membership group.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Age(s)</th>
<th>Competitive/Non-Competitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training</td>
<td>All</td>
<td>Non-Competitive</td>
</tr>
<tr>
<td><strong>Track Rascals</strong></td>
<td>6-8</td>
<td><strong>Non-Competitive</strong></td>
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<tr>
<td>Junior Development</td>
<td>9-13</td>
<td>Competitive</td>
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<td>Midget 14</td>
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<td>Midget 15</td>
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<td>Youth</td>
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<td>Junior</td>
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<td>20-35</td>
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<tr>
<td>Master</td>
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<td>Jr. Road &amp; Trail</td>
<td>&gt;20</td>
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<tr>
<td>Road &amp; Trail</td>
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Run Jump Throw Wheel (RJTW) is a skill development program for ages 6 to 12 teaching the basic fundamentals of running, jumping, throwing and wheeling, and the technical progressions for track and field events.

- **RJTW** has over 40 ready-to-implement lesson plans which take about 45 minutes to deliver and focus on one of the three skill areas per session.

  - Training in RJTW is provided by BC Athletics (coaches, teachers, parents and community members can all be trained in RJTW).

    - RJTW Training teaches coaches how to successfully implement the RJTW program in their sessions.
RJT has over 40 ready-to-implement lesson plans which take about 45 minutes to deliver and focus on one of the 3 skill areas per session.

Training in RJT is provided by BC Athletics (coaches, teachers, parents and community members can).

RJT Training teaches coaches how to successfully implement the RJT program in their sessions.

and YOU!

BC Athletics Clubs
WHY offer a Track Rascals program in your BC Athletics club?

It’s **FUN** – Non-competitive and inclusive

*Introduce children to the sport of track and field*

Club based Run Jump Throw Wheel program delivery

*Increased Club Membership (Track Rascals members are aged 6-8)*

Quality Long Term Athlete Development programming

*Developing better overall athletes – PHYSICAL LITERACY during the optimal windows of opportunity*
RJT has over 40 ready-to-implement lesson plans which take about 45 minutes to deliver and focus on one of the 3 skill areas per session.

Training in RJT is provided by BC Athletics (coaches, teachers, parents and community members can all be trained in RJT).

WHO can coach the Track Rascals?

Older athletes (volunteer hours, work experience, school credits)

- Parents who want to get off the sidelines and in to the ACTION
- Community leaders
- Club Coaches
HOW do we get started?

Contact BC Athletics to host a Run Jump Throw Wheel training course for your coaches/volunteers (1 day course will teach coaches how to deliver quality LTAD programming through the RJTW program lessons)

Establish your Track Rascals schedule
Usually runs for 6-10 weeks
Twice a week (45 mins/session)
- can be done before competitive athletes train to (allow them the opportunity to coach the track rascals first)

Promote your program – Register some Track Rascals!
Utilize the BC Athletics Track Rascals promotion package (add your logo and registration form)

Track Rascals memberships are only $10.00 with BC Athletics
Clubs charge their own registration fees
WHAT do you need to run a Track Rascals program?

- Space at the facility
- Trained Run Jump Throw Wheel leaders
- A desire to have FUN!
WHO are TRACK RASCALS?  
TRACK RASCALS are boys' and girls' ages 6 to 8 who want to have fun learning how to run, jump, and throw! Utilizing Athletics Canada's Run Jump Throw coaches and lesson plans — children will learn the proper skill progressions of running, jumping and throwing while participating in a range of track and field activities such as hurdling, long jump, javelin and shot put.

Athletes are given instruction on all basic motor skills through running, jumping and throwing with an emphasis on FUN and PLAY.

TRACK RASCALS programs develop physical literacy, promote Long Term Athlete Development and are led by NCCP coaches.

DID YOU KNOW?  
Fundamental movement and sport skills are the basic building blocks of physical literacy. Running, jumping, throwing — these are some of the fundamental skills that help children to move with confidence, enjoy physical activity, and succeed in sport.

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FROM TRACK RASCAL TO CHAMPION!