



RUN JUMP THROW WHEEL (RJTW) is a skill development program for ages 6 to 12 teaching the basic fundamentals of running, jumping and throwing 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 3 skill areas per session

Training in **RJTW** is provided by BC Athletics (coaches, teachers, parents and community members can all be trained in **RJTW**). Training teaches coaches how to successfully implement the **RJTW** program in their sessions.



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## Contact Information

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For more information on the Track Rascals and Run Jump Throw Wheel programs, please contact:

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# TRACK

# RASCALS

Developing the  
**FUNDamentals**  
on the track



# What is TRACK RASCALS?

TRACK RASCALS is a BC Athletics membership for boys and girls ages 6 to 8. It is a non-competitive, DEVELOPMENT-focused membership group.

Membership Type	Age(s)	Competitive/Non-Competitive
Training	All	Non-Competitive
<b>Track Rascals</b>	<b>6-8</b>	<b>Non-Competitive</b>
Junior Development	9-13	Competitive
Midget 14	14	Competitive
Midget 15	15	Competitive
Youth	16-17	Competitive
Junior	18-19	Competitive
Senior	20-35	Competitive
Master	35+	Competitive
Jr. Road & Trail	>20	Competitive
Road & Trail	20+	Competitive

Utilizing Athletics Canada's Run Jump Throw Wheel coaches and lesson plans, children will learn the proper skill progressions of running, jumping, throwing and wheeling while participating in a range of track and field activities such as hurdling, long jump, javelin and shot put.

# Who are TRACK RASCALS?

TRACK RASCALS are boys and girls ages **6 to 8** who want to have fun learning how to run, jump, throw and wheel!

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.



Find a TRACK RASCALS program in your area!

Kamloops Track & Field Club, **Kamloops** - [www.kamloopstrackandfield.ca](http://www.kamloopstrackandfield.ca)

Okanagan Athletics Club, **Kelowna** - [www.okac.ca](http://www.okac.ca)

Langley Mustangs Track & Field Club, **Langley** - [www.langleymustangs.com](http://www.langleymustangs.com)

Golden Ears Athletics, **Maple Ridge** - [www.goldenears.org](http://www.goldenears.org)

Nanaimo & District Track & Field Club, **Nanaimo** - [www.nanaimotrackandfield.com](http://www.nanaimotrackandfield.com)

New West Spartans Track & Field Club, **New Westminster** - [www.nwspartans.ca](http://www.nwspartans.ca)

Royal City Track & Field Club, **New Westminster** - [www.royalcitytrack.ca](http://www.royalcitytrack.ca)

NorWesters Track & Field Club, **North Vancouver** - [www.norwesterstandf.com](http://www.norwesterstandf.com)

Prince George Track Club, **Prince George** - [www.pgtrackandfield.ca](http://www.pgtrackandfield.ca)

Kajaks Track & Field Club, **Richmond** - [www.kajaks.org](http://www.kajaks.org)

Peninsula Track & Field Club, **Sidney** - [www.pentrack.org](http://www.pentrack.org)

Ocean Athletics, **South Surrey** - [www.oceanathletics.org](http://www.oceanathletics.org)

South Fraser Track & Field Club, **Surrey** - [www.southfraser.org](http://www.southfraser.org)

Universal Athletics Club, **Surrey** - [www.universalathletics.ca](http://www.universalathletics.ca)