



ATHLETICS / ATHLÉTISME

**RUN JUMP THROW
INSTRUCTOR COURSE**

SATURDAY, SEPTEMBER 29TH & SUNDAY SEPTEMBER 30TH

Teachers, coaches, students and athletes are encouraged to register for the “Run – Jump - Throw” Instructor Course this coming Saturday, September 29TH & Sunday, October 30TH, hosted by the Ottawa Lions Track and Field Club.

The Athletics Canada “RJT” program is geared towards teaching movement skills to children aged 7-12. The teaching skills take aim at improving children’s fundamental motor skills which include running, jumping and throwing through a variety of drills, activities and games. These skills can be applied to track & field and a myriad of any other sporting activities.

This instructor course is a great resource for coaches of all sports working in these ages, teachers and students looking to work in a sports / recreation related setting.

Where: Terry Fox Athletic Facility, Ottawa

When: Saturday – 8:30am-4:00pm, Sunday 9:00am-3:30pm

Participants will receive the following.

- Course materials (Run, Jump Throw course booklets).
- Learn how to plan a practice.
- Learn to coach progressions and teach fundamental motor skills to children, how they can be translated toward Track & Field events and other sport programs (soccer, basketball, etc).
- Opportunity to interact and work with Teachers, Coaches, Athletes and Students with a wide range of experience.

For more information and to register for this course, please visit www.ottawalions.com and go to “Education”.

Further information, please contact rjohnston@ottawalions.com

