



# Indoor Track & Field

## January 7 – March 20, 2019

Starting in January, the Saint John Track Club will once again provide bi-weekly training sessions at UNBSJ. For children ages 8-10 we offer the Run/Jump/Throw program as an introduction to the events of track and field with a focus on fun & fitness. Athletes age 11 and up will work on general fitness, strength training and technique for indoor competitions. Athletes are welcome to attend one or both of the sessions held each week.

### Training Sessions

| Location                 | Program   | Times                            | Day                      | Starting             |
|--------------------------|---|----------------------------------|--------------------------|----------------------|
| UNBSJ Athletics Center   | Run/Jump/Throw (ages 7-10)<br>Competitive athlete training (ages 11 or older) | 5:00 – 6:00 pm<br>5:00 – 6:30 pm | Every Monday & Wednesday | Jan 7 <sup>th</sup>  |
| Quispamsis Middle School | Run/Jump/Throw (ages 7-10)<br>Junior Development (ages 11 or 13)              | 1:30 – 3:00 pm                   | Sundays for 6 weeks      | Jan 13 <sup>th</sup> |

Please Note:

- Schedules may change from time to time due to conflicts with other events at these facilities.
- Additional practice times may be confirmed by event coaches following the Christmas break.

### Indoor Competitions and events: For most up to date schedule see [www.anb.ca](http://www.anb.ca)

|                |   |                |
|----------------|---|----------------|
| November 24    | Gagetown Invitational                               | Oromocto, N.B. |
| December 22    | Moncton Last Chance Meet                            | Moncton, N.B.  |
| January 12     | Moncton Open  | Moncton, N.B.  |
| January 18-19  | Athletics Nova Scotia Open                          | Halifax, N.S.  |
| February 2     | N.B. Indoor Championships & RJTW Series Meet        | Oromocto, N.B. |
| February 10    | ANB Performance Practice #3                         | Moncton, N.B.  |
| February 22-23 | Atlantic University Championships & Open (Ages 17+) | Moncton, N.B.  |
| February 23-24 | Atlantic Indoor Championships & RJTW Athletics      | Moncton, N.B.  |
| March 15-17    | Hershey Canadian Indoor Championships               | Montreal, Qc   |
| March 20       | SJTC Indoor Fun Meet                                | UNB Saint John |

### Note New Online Registration below...

Registration must be done online a

ANB fees cover all of 2019 including indoor track, outdoor track and cross-country seasons.

| PROGRAM / ATHLETE GROUP FEES   | Club Fee Per Season | Annual ANB |
|--|---------------------|------------|
| Run/Jump/Throw (Ages 8-10)   | \$80                | \$50       |
| Athletes Ages 11+  | \$100               | \$50       |
| Club High Performance<br>(Designated Athletes who are receiving personal coaching support) | \$150               | \$50       |

### For Information contact:

### Phone:

### Email

Bill MacMackin

506-647-4931

[SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com)

Chris Belof

506-638-2489

[chris.belof@unb.ca](mailto:chris.belof@unb.ca)

Julia Loparco

506-608-1175

[Julia@anb.ca](mailto:Julia@anb.ca)

Sue Ellis

506-609-0114

[Sue.EllisLoparco@nbed.nb.ca](mailto:Sue.EllisLoparco@nbed.nb.ca)

For more information go to [www.sjtc.ca](http://www.sjtc.ca)

