



## PROGRAM INFO

### WHAT IS SPEEDLAB?

Track & Field has produced the fastest athletes in the world in large part due to the expertise and study of speed and human movement by Track & Field Coaches. The Kajaks Track & Field Club SpeedLab program is designed to give athletes in other sports the tools needed to improve their speed on their respective field of play. No matter what the sport, the SpeedLab program will help you move fast and stay healthy in the process! #KajaksSpeedLab

### WHEN & WHERE?

The Kajaks Track & Field Club is currently offering 3 SpeedLab programs. See below for dates, times and locations:

#### SPEEDLAB 1

FEB 05 – MAR 12, 2019  
EVERY TUESDAY  
6:30P – 7:45P  
RICHMOND OLYMPIC OVAL  
(INDOOR TRACK)

#### SPEEDLAB 2

APR 2 – MAY 7, 2019  
EVERY TUESDAY  
4:30P – 6:00P  
CLEMENT TRACK  
(MINORU PARK)

#### SPEEDLAB 3

MAY 14 – JUN18, 2019  
EVERY TUESDAY  
4:30P – 6:00P  
CLEMENT TRACK  
(MINORU PARK)

### WHO CAN SIGN UP & WHAT DOES IT COST?

The SpeedLab programs are for girls and boys, ages 11-15 years of age. Registration for each SpeedLab is \$150.00 per athlete (6 sessions). Athletes can also purchase an official SpeedLab T-Shirt for \$20.00. Athletes who register for a SpeedLab are eligible to receive 15% off at New Balance Richmond at their location at 4771 McClelland Road #1410, Richmond, BC V6X 0M5.

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## REGISTRATION INFO

### HOW DO REGISTER?

All registrations are done online through Trackie.reg. Please see below for deadlines and links to SpeedLab registration sites:

	Registration Deadline	T-Shirt Order Deadline	Registration Link
SpeedLab 1	February 3, 2019	January 25, 2019	<a href="#">CLICK HERE</a>
SpeedLab 2	March 29, 2019	March 21, 2019	<a href="#">CLICK HERE</a>
SpeedLab 3	March 10, 2019	May 3, 2019	<a href="#">CLICK HERE</a>

### CANCELLATIONS – PLEASE READ

Please note there will be a cancellation fee of \$65.49 for any cancellations up to the day before the start of the first SpeedLab session. There will be no refunds after the start of the first SpeedLab session. If a SpeedLab is cancelled, Kajaks Track & Field will issue a full refund.

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## SESSION INFO

### WHO ARE OUR COACHES?

#### Coach Byron Jack

Byron reached the National level as a triple-jump athlete and has been coaching since 1985. He has degrees in Physical Education and Education and is certified as a level 3 Jumps Coach. Byron still competes at the Masters' Level internationally. Byron has coached multiple provincial and national team members.

#### Coach Jackson Cheung

A University of Guelph graduate, 2017 member of the junior national athletics team that won gold at the Canada Summer Games, technical track and field coach for Kajaks and Strength and Conditioning coach, Jackson has the education, experience and personality to help develop faster and stronger athletes.

## **WHERE TO MEET?**

### **Richmond Olympic Oval - SpeedLab 1**

6111 River Rd, Richmond, BC V7C 0A2

SpeedLab 1 session will take place at the Richmond Olympic Oval on the sprint lanes (straight away) located on the second floor of the Oval at the north end of the facility along the windows and behind the basketball and table tennis courts. We ask that you please be there at least 10 minutes prior to the start of each session. For the day one (first) session, please plan on being there 15 minutes prior to the start of the session.

### **Clement Track - SpeedLab 2 / SpeedLab 3**

7191 Granville Ave, Richmond, BC V6Y 4G2

SpeedLab 2 and SpeedLab 3 sessions will take place at Clement Track located in Minoru Park. All athletes will meet in the Clement Track grandstands located at the east side of the track on the home straightaway. Once there, sessions will be conducted on the track. For day one (first session), please plan on being there 15 minutes prior to the start of the session.

## **WHAT TO BRING/WEAR?**

Athletes are asked to please bring the following to each SpeedLab session:

- Proper supportive athletic footwear
- Proper athletics apparel (t-shirt or long sleeve shirt + shorts and/or sweatpants)
- Water Bottle (for hydration)
- Please note that all registrants with the SpeedLab program will receive a 15% discount at our #KajaksBacker sponsor New Balance Richmond located at 4771 McClelland Road #1410, Richmond, BC V6X 0M5.

## **DROP OFF / PICK UP INFO**

### **Athlete Drop Off**

Parents can drop their athletes off at the track straight away located on the north end of the Oval along the windows and behind the basketball/table tennis courts. For help, please ask Oval staff for directions to the track straight away.

### **Athlete Pick Up**

Parents are please asked to pick up their athlete(s) at the straight away track located on the north end of the Oval along the windows and behind the basketball/table tennis courts. As we assume responsibility for each athlete, we ask that parents please meet their athlete at the track and not the parking lot.

## **WHAT WILL MY ATHLETE BE LEARNING?**

The goal of SpeedLab is to give your athlete the tools required to increase speed, explosiveness and reaction time. In the process athletes will also learn exercises aimed improving their running efficiency and preventing injuries caused by poor running mechanics. Each session will have a theme and focus which athletes can use long after they leave the SpeedLab program.

## **PARTICIPATION**

The Kajaks SpeedLab is an intensive course geared towards athletes looking to increase their speed and reduce injuries within a safe and fun environment. For this reason, we expect full cooperation with our coaching staff. We welcome communication about any injuries or recovery issues your athlete is having.

## **PARENTS**

Parents are an important part of an athlete's success. During the SpeedLab program parents are welcome to observe, however parents are asked to please not interfere with coaches during the duration of the session. We welcome constructive feedback and ask that you wait until the completion of the session to ask questions or offer said feedback. The Kajaks Track & Field Club will not tolerate abuse or interference of any kind towards our coaching staff.

***KAJAKS***  
**TRACK & FIELD CLUB**