Junior Program

9 to 12-year olds

This is a competitive program that builds physical skills while providing athletes with a supporting environment in which to learn and become accustomed to competition. They will develop skills that are transferable to any physical activity. It is also extremely affordable.

DATES: Monday April 8, 2019 till the BCA JD Meet mid-July, 2019

PRACTISE TIMES: Saturday - Noon to 2:00pm
                        Monday - 6:00pm to 8:00pm
                        Wednesday - 6:00pm to 8:00pm

COST: $ 175 (Plus BC Athletics fee $60)

PROGRAM DETAILS: Our Junior Program encourages athletes to develop skills in running, jumping and throwing. Events include: high jump, long jump, shot put, javelin, discuss, distance and sprints, hurdles, and relay.

- Athletes get automatic entry into our meets (Additional fees apply if entering in 4 or more events). Athletes may choose to attend scheduled out-of-town meets (Kamloops and Kelowna). A nominal fee may be required to assist with travel expenses for coaches.

Sport Canada has recommended youth sports organizations adopt the Long-Term Athlete Development (LTAD) model to programs in their sport. This is something that the PGTF Club fully endorses. For more information on LTAD check out: http://www.bcathletics.org/main/ltad.htm

NOTES:
1. We encourage parents to watch and be involved.
2. Weather conditions can change quickly so bring extra clothing appropriate for the weather.
3. BC Athletics classifies JD Athletes as those aged 9-13. PGTF has chosen to have our 13-year olds train with our senior athletes to assist in their transition to higher level competition.

QUESTIONS: Email us at princegeorgetrackandfield@gmail.com
                or go to our website: http://www.pgtrackandfield.ca/

Registration information:
Step 1: Go to this link: www.trackiereg.com/2019-PGTF
Step 2: Click on the "REGISTER FOR CLUB" button.
Step 3: Fill out the registration form and proceed to payment.

Think Fast
Be Strong
www.pgtrackandfield.ca