



Track & Field – Outdoor Season Starting April 25

Starting in April, the Saint John Track Club will once again provide weekly training sessions at the UNBSJ stadium. For children ages 7-10 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 competitions. Athletes are welcome to attend one or all the sessions held each week.

All Training Sessions at UNBSJ Starting April 25

Program	Dates / Days	Times
Run/Jump/Throw (RJT) (ages 7-10)	April 25 – Aug 5 Monday & Thursday	5:30-6:30 pm
Junior Development (recommended for athletes ages 11-15 moving from RJT or new to the sport)	April 25 – Aug 5 Monday & Thursday	5:30-7:00 pm
Specialized Training Groups - Distance, Sprints/Hurdles, Jumps & Throws (For experienced athletes ages 13+)	April 25 – Aug 5 Monday & Thursday	5:30-7:00 pm
Masters Group (ages 30+)	April 25 – Aug 5 Monday, Thursday	5:30-7:00 pm

Times may be subject to change due to weather or coach's scheduling. You may attend as many sessions as you are able. Individual coaches may add sessions from time to time as they see fit.

Coaching positions and responsibilities will be finalized and confirmed prior to program start date.

Online Registration below...

Registration must be done online at www.SJTC.ca

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 (Designated Athletes who are receiving personal coaching support)	\$150	\$50

For more info contact:

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