



Junior Program



9 to 12 year olds

This is a fun, inclusive 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: Wednesday April 15, 2020 to Saturday July 4, 2020

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

COST: \$175 - \$200 (Plus BC Athletics fee)

PROGRAM DETAILS: Our Junior Program is designed for our athletes aged 9 to 12 years. Athletes are encouraged to develop skills in running, jumping and throwing. Events include: high jump, long jump, shot put, javelin, discus, distance and sprints, hurdles and relay.

All athletes are encouraged to attend out of town meets (See Club Schedule) to compete and they also get automatic entry into our Sub Zero Meet (additional fees may apply if entering in 4 or more events). Athletes are encouraged to attend the BC Junior Development Championship. PGTF normally covers travel expenses for volunteer coaches to attend out of town meets to assist athletes. Depending on the event, a nominal fee may be required to assist with travel expenses for these coaches.

Sport Canada has recommended that all youth sports organizations adapt the Long-Term Athlete Development (LTAD) model to the youth programs in their sport. This is something that the PGTF Club fully endorses. We encourage parents to watch and be involved.

On LTAD check out: <http://www.bcathletics.org/main/ltad.htm>

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

Registration information:

- Step 1: Go to this link: <https://www.trackiereg.com/2020-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