Senior Program

13 + 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: Tuesday April 7, 2020 to September 5, 2020

PRACTICE TIMES: Saturday - 10am to Noon
                Tuesday - 6:00pm to 8:00pm
                Thursday - 6:00pm to 8:00pm

COST: $ 200 (Plus BC Athletics fee); $125 Masters (35+)

PROGRAM DETAILS: Our Senior Program is designed for our athletes aged 13 years and older. Athletes at this level may specialize and benefit from the wide variety of trained coaches at the club. All track and field events are included ranging from sprints and hurdles to throwing events to triple jump and pole vault.

Our Senior 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 provincial championships (13-year olds qualify for the BC Junior Development Championship while 14+ qualify for the BC Track and Field Jamboree). 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