



Track & Field – Summer Season

Starting July 6, 2020

Starting July 6, 2020, the Saint John Track Club will once again provide weekly training sessions. SJTC training this summer will be different because of the requirements of the COVID-19 recovery phase, limited facility options and the lack of competitions. Please note the following changes from our regular summer programs.

- Waivers:** All athletes and Coaches must sign new waivers as part of returning to training.
Location: All training will be conducted at the Irving Oil Field House and on the grounds of that facility.
Ages: We will only be taking athletes ages 10+ Due to challenges of managing physical distancing.
Group Size: Maximum group sizes are in place and we will be restricting the size of groups and coach to athlete ratio.
Group Times: Once an athlete is assigned to a group and time slot, they must not switch groups.

Program	Dates / Days	Times
Junior Development (recommended for athletes ages 10-15 moving from RJT or new to the sport)	July 6 - August 27 Monday & Thursday	Group 1 - 5:30-6:30 pm Group 2 - 6:30-7:30 pm
Sprints, Throws, Jumps, Distance Training Groups & Masters (For experienced athletes ages 13+)	July 6 - August 27 Monday & Thursday July 11 & 25 / Aug 8 & 22 Saturday	Group 1 - 5:30-6:30 pm Group 2 - 6:30-7:30 pm 10:00 – 12:00 pm

***Times may be subject to change due to weather or impacts of the COVID-19 Pandemic. You may attend as many sessions as you are able but once assigned to a Group, they may not switch.
 Coaching positions and responsibilities will be finalized and confirmed prior to program start date. ***

*ANB fees cover all of 2020 including outdoor track and cross-country seasons. *

PROGRAM / ATHLETE GROUP FEES	Club Fee For Summer	Annual ANB Fee
Track Athletes Ages 10+ Including Masters	\$100	\$57.50

Online Registration below...

Registration must be done online at www.SJTC.ca

For more info contact:

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