



Track Rascals



6 to 8 years

Based on BC Athletics Run, Jump, Throw, Wheel (RJTW) Program, this is a non-competitive program that builds basic physical skills in children while providing them with a supporting and fun environment. They will reap the healthy benefits of being active while beginning to develop skills that are transferable to any physical activity. It is also extremely affordable.

DATES & PRACTICE TIMES:

SPRING SESSION
April 13th to
June 26th, 2021

Group T (limit 20):

Tuesdays 6:00pm to 7:30 pm

Saturdays 10:00am to 11:30

Group W (limit 30):

Wednesdays 6:00pm to 7:30 pm

Saturdays 12:00pm to 1:30 pm

SUMMER SESSION
July 6th to
August 26th, 2021

Group S (limit 20):

Tuesdays 6:00pm to 7:30 pm

Thursdays 6:00pm to 7:30 pm

COST:

\$150 (Plus BC Athletics fee)

PROGRAM DETAILS: Our Track Rascals Program is run by our top senior athletes with oversight by our Junior Development Coach and Coaching Committee. The program is designed to expose athletes to a range of motions that are the basis of all sports. Although the Track Rascals program uses activities that are oriented to track and field, these activities will carry over to any sport the participant may wish to engage with in the future.

NOTE: Weather conditions can change quickly so it is advised that Rascals bring jackets and water bottles.

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.bcatletics.org/main/ltad.htm>

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

**Think Fast
Be Strong**
www.pgtrackandfield.ca