



# 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:** Monday April 12, 2021 to Wednesday June 30, 2021

**PRACTICE TIMES:** Saturday - Noon to 1:45pm  
Monday - 6:00pm to 7:45pm  
Wednesday - 6:00pm to 7:45pm

**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](mailto:princegeorgetrackandfield@gmail.com)  
or go to our website: <http://www.pgtrackandfield.ca/>

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**Be Strong**  
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