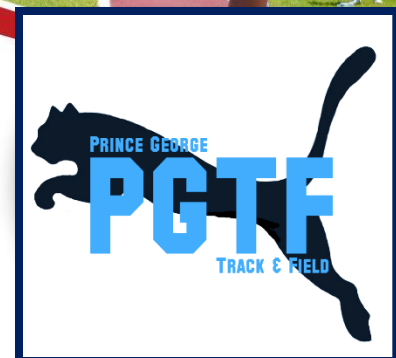




Summer Session



9 + years

This is a combined ages and abilities group that helps maintain physical skills while providing athletes with a supporting environment in which to learn or hone event adeptness.

DATES: Tuesday July 6th, 2021 to September 30, 2021

PRACTICE TIMES: Tuesday - 6:00pm to 8:00pm
Thursday - 6:00pm to 8:00pm

COST: \$ 150

PROGRAM DETAILS: Summer session is designed for athletes interested in maintaining skill and fitness or preparing for higher caliber competition. Athletes in this program benefit from the wide variety of trained coaches available throughout the session. All track and field events are included with athletes learning to train independently.

Although not available this year, 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/>

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Be Strong**
www.pgtrackandfield.ca