



Truro Lions Track & Field Club Email: trurolions@gmail.com facebook/Twitter/Instagram: @TruroLionsTF

Girls In Motion

An Introduction to Track & Field events for females age 11-14

Girls who are 10 but turning 11 in 2021 will be able to register

Are you a female interested in participating in Athletics but not sure what events you might like? Are you looking for a new sport to remain active this winter? Come Run, Jump, and Throw with our all-girls group lead by outstanding female role-models!

This program is directed toward new track & field athletes, and those transitioning from Run Jump Throw into event training.

Cost: \$70 per person

- includes the Athletics NS \$40 summer training fee (insurance)
- 7 sessions: June 23, 30, July 7, 14, 21, 28, Aug 4 * Tetrathlon mini-meet
- Time: Wednesday's 6:10 - 7:30pm
- Location: TAAC Grounds + 1 session at the Cougar Dome TBA
- Events included: High Jump, Long Jump, Javelin, Shot Put, Weight Throw, Hurdles, Sprints, Blocks, Relays, and Distance running events

All athletes, Coaches, volunteers must adhere to Screening by a Safety Officer upon arrival. Masks are not mandatory during training but required to enter the building until at training area. All equipment is cleaned before and after each session. Practice social distancing whenever possible. Stay home if feeling unwell or experiencing symptoms of Covid-19. Parents will not be permitted entry at this time.

A weekly email will be sent out to participants confirming the next session's training event. Wear comfortable clothing (layers), running shoes, bring 1-2 water bottles, hair tied back, remove jewelry.

All athletes must register on-line via trackiereg and all athletes must be registered prior to their first practice. Payment arrangements can be made off-line if you prefer, click "other" as your payment option at the end and contact trurolions.