



Truro Lions Track & Field Club

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## **RUN JUMP THROW!**

### ***An Introduction to Track & Field events for children age 7-11***

*\* children who are 6 but turning 7 will be able to register*

RUN JUMP THROW WHEEL (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges led by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

Our goal is to provide a physical activity program that serves as a strong foundation for all sports. Run Jump Throw Wheel assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy citizens.

Are you looking for a new sport to remain active this spring? Come Run, Jump, and Throw with our club! There are also competition opportunities offered throughout the summer.

Cost: \$45 per person

- Includes the Athletics NS \$10 recreational membership fee (insurance)
- Includes a club t-shirt
- 5 sessions: May 31, June 7, 14, 21, 28 \* TETRATHLON mini-meet
- Time: Tuesday's 4:30-5:30pm
- Location: TAAC Grounds

\* If your child would like to compete at meets you have the option to choose the \$35 U12 Athletics NS annual membership fee during the on-line registration process, which includes free entry to all Tetrathlons.

Parents and spectators will not be permitted inside the training area except during the Tetrathlon mini-meet.

All athletes must register on-line via trackireg 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@gmail.com](mailto:trurolions@gmail.com).

NOTE: trackireg payments are subject to an admin fee.

Correspondence will be delivered to registered participants via email. Please check your spam/promotions folders if you do not see it in your inbox prior to the start of the program.

Wear comfortable clothing (layers), running shoes, water bottle, hair tied back, remove jewelry.

Truro Lions offers RUN JUMP THROW programs once per season: Indoor - February and Outdoor - June. We also support the Colchester Multisport program by offering four RJT sessions in fall.

Please stay home if feeling unwell or experiencing symptoms of Covid-19.

We look forward to a very exciting season!

TLTC