



Track & Field – Indoor Season

Starting November 3rd at Irving Oil Field House

Starting in November, the Saint John Reds Track Club will once again provide weekly training sessions at the Irving Oil Field House. For children ages 7-13 we offer the two programs as an introduction to the events of track and field with a focus on fun & fitness. Athlete's ages 14 and up will work on general fitness, strength training and technique with an eye towards competitions. Athletes are welcome to attend one or all the sessions held each week.

<u>Program</u>	<u>Dates / Days</u>	<u>Times</u>	<u>Club Fee For Season</u>	<u>Athletics NB Fee</u>
Beginner – Run-Jump-Throw- Wheel (ages 7-9) - ABC'S – Agility/Balance/Coordination/Speed - Play based programs to introduce events - Emphasis is on fun, skill building and fitness. - Basic skills - warm up/stretching/cool down - Complimentary to participation in other sports	November 3 – March 23 Monday & Thursday	5:00-6:00 pm	\$150	Included
Intermediate - Junior Development Recommended for athletes ages 10-13 wanting to be introduced to all events of track & field in a group environment specific to their age. Gain knowledge of each event with potential to compete for school and personal challenge.	November 3 – March 23 Monday & Thursday	6:00-7:00 pm	\$200	+ ANB
Competitive Program - (athletes ages 14+) Athletes receive personal coaching as part of training groups (Sprints/Distance/Jumps/Throws) specific events for fitness, school or recreational competition & opportunities for provincial teams as they develop.	November 3 – March 23 Monday & Thursday Saturday Practices – To be confirmed	5:30-7:00 pm	\$200	+ ANB
Masters Group (adults ages 30+) For adult athletes competing masters track & field events. Training for fun and fitness with a focus on specific preparation & more event specialization to build endurance, develop speed, strength & mental development.	November 3 – March 23 Monday & Thursday Wednesday – 5-6 Throws practice Saturday Practices – To be confirmed	5:00-7:00 pm	\$200	+ ANB
Road Runner Group – Endurance Program for adult athletes competing in road running, triathlon or other endurance competitions comfortable with a group coaching environment. Goal is to build endurance, develop speed & strength.	November 3 – March 23 Monday & Thursday	5:30-7:00 pm	\$150	Included

Athletics NB fees of \$50+/- covers all of 2023 including indoor track, outdoor track, and cross-country seasons. Times may be subject to change due to weather or coach's scheduling. You may attend as many sessions as you are able. Individual coaches may add sessions from time to time as they see fit. Coaching positions and responsibilities will be finalized and confirmed prior to program start date. [Register online at this link:](#)

For more info contact:

Bill MacMackin – Coach & Club President	506-647-4931	SaintJohnTrack@gmail.com
Oy Akinola – Coach & Technical Director	204-998-0743	oyinkoakinola@gmail.com
Chris Belof – Coach & Head Coach UNB Reds	204-470-4502	chris.belof@unb.ca
Julia Loparco – Coach Youth Programs	506-608-1175	julialoparco5@gmail.com
Sue Ellis - Coach Power Speed Programs	506-609-0114	Sue.EllisLoparco@nbed.nb.ca