



# Junior Program

**9 to 12 year olds**



This fun, inclusive program 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:** Wednesday April 12<sup>th</sup>, 2023 to Saturday July 29<sup>th</sup>, 2023

**PRACTICE TIMES:** Saturday - Noon to 2:00pm  
Monday - 6:00pm to 8:00pm  
Wednesday - 6:00pm to 8:00pm

**COST:** \$225 - 250 (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 and local meets (See Club Schedule) to compete. 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/>

**Registration information:**

- Step 1: Go to this link: <https://www.trackiereg.com/2023-PGTF>
- Step 2: Click on the "REGISTER FOR CLUB" button.
- Step 3: Fill out the registration form and proceed to payment.

*Think Fast  
Be Strong*  
[www.pgtrackandfield.ca](http://www.pgtrackandfield.ca)