



# Senior Program



## 13 + year olds

This is a competitive program that 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:** Tuesday April 4, 2023 to July 29, 2023

**PRACTICE TIMES:** Saturday - 10am to Noon  
Tuesday - 6:00pm to 8:00pm  
Thursday - 6:00pm to 8:00pm

**COST:** \$ 250 (Plus BC Athletics fee); \$225 Masters (35+)

**PROGRAM DETAILS:** Our Senior Program is designed for our athletes aged 13 years and older. Athletes at this level may specialize and benefit from the wide variety of trained coaches at the club. All track and field events are included ranging from sprints and hurdles to throwing events to triple jump and high jump.

Our Senior Athletes are encouraged to attend out of town and local meets (See Club Schedule) to compete. 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.bcatletics.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)