



Track & Field – Outdoor Season

Starting April 24th at UNBSJ

Starting in May, the Saint John Reds Track Club will once again provide weekly training sessions at the UNBSJ stadium. 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. Athletes 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 (RJTW) (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	April 24 – July 21 Monday & Thursday	5:30-6:30 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.	April 24 – July 21 Monday & Thursday	5:30-6:30 pm	\$200	+ ANB
University Summer Program - (UNB/UNBSJ) Athletes who receive personal coaching during the spring/summer season.	April 24 – July 21 Monday & Thursday Saturday Practices – To be confirmed	5:30-7:00 pm	\$150	Included with UNB Team Fee
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.	April 24 – July 21 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.	April 24 – July 21	5:30-7:00 pm	\$200	+ ANB
Road Runner Group – Endurance Program for athletes competing in road running, triathlon or other endurance competitions comfortable with a group coaching environment. Goal is to build endurance, develop speed & strength.	April 24 – July 21 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 necessary.

For more info contact:

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