

Athlétisme Sud-Est / South-East Athletics (A.S.E.A.), is proud to announce the 45th year we are offering track and field programs for athletes of all abilities and ages.

During that time ASEA has put athletes on 14 national teams, won over 115 national outdoor medals as well as another 45 national indoor medals.

2023 has been a great year for ASEA. We won 13 medals, 7 gold, at the Athletics Canada Indoor Nationals. ASEA has had 33 top 8 placings.

At the U16 and U18 Legion National Championships, ASEA made up 18 of the 36 members of the NB Provincial team. We also had one athlete compete independently of the team.

ASEA had over 420 members for 2023. This is 40% growth from our previous largest year (2022).

ASEA offers a variety of programs to suit all age groups and skill levels. Our team of experienced coaches work with athletes on developing skills and experience in track & field. We focus on improving strength, agility and speed in running, jumping and throwing. Athletes have the opportunity to compete in multiple meets locally, in NB, Atlantic region and some throughout Canada.

Ages 6-10: Run Jump Throw

An introductory program for children ages 6-10. It is offered as three 14 practice sessions spread throughout the year. Our older athletes are instructors.

It can be found, here: <http://www.trackiereg.com/RJTASEA2024>

Ages 6-11: Trail Blazers

This was a new program in 2022. It was offered at eight different locations. It is a once week for four weeks to enable children to see our sport close to their home.

Ages 12 +: Athlete Development

For athletes ages 13 and up (adults included), and for slightly younger children who are ready to train and compete regularly, ASEA provides training to help them develop in their events of choice and access to the many competitive events throughout the province and region. There will be a variety of training plans for this group. The plan for each athlete will depend on their experience, events & regular practices they can attend. Four training sessions are held per week.

Indoor Practice times for the Athlete Development group

Monday - 5-7pm

Tuesday - 5:30 - 7:30pm

Friday - 5-7pm

Saturday - 9:30- 11:30am

Outdoors

TBA

Registration

All interested athletes are welcome to meet with our club for a week of practices to see if they want to pursue it and are welcome to register after a particular season has started. An athlete must register to attend a second week of practice sessions. Look for current registration and program information below or on our Facebook page: [Facebook](#). You can also email us at stuart@nbnet.nb.ca

Registration is required for all athletes who wish to join ASEA. Registration is done ONLINE. ASEA registration can be completed here: [ASEA Training registration 2024](#)
[Online Registration | TrackieReg](#)

All ASEA athletes must be a member of Athletics NB "ANB" (membership is valid for

one calendar year). In 2024 your ANB registration needs to be on a new platform. The link is: [Athletics New Brunswick - 2024 Athlete Membership | AthleticsReg.](#)

Anyone who renewed their membership after November will already be a member for 2024. You can verify your membership status online at [anb.ca](#). All information regarding member benefits to ANB can be found at [anb.ca](#).

Athlete Development Program:

- Fees are \$150 for the outdoor season (May to October)
- Fees are \$150 for the indoor season (November to April)
- Fees are \$260.00 for the entire year

These fees do not include a U de M CEPS Membership while indoors, this fee is independent of us, and are required to access the facility.

Events

For up-to-date information on events, including all registration information, see ANB: [www.anb.ca/Calendar](#) .

Questions

For more information on our current programs and opportunities please contact us at stuart@nbnet.nb.ca

Athlétisme Sud-Est / South-East Athletics (A.S.E.A.) est fier d'annoncer notre 45ième d'offrir des programmes pour le sport d'athlétisme.

Pendant ces années nos athlètes ont gagné des positions sur 14 équipes nationale, plus que 115 médailles nationale aux championnats extérieur aussi qu'une autre 45 aux championnats nationaux intérieur.

En 2023, nos athlètes ont gagné 13 médailles nationale, 7 qui étaient des médailles d'or aux championnats national intérieur. Aussi que 33 classements parmi les 8 premiers.

Au championnats nationale U16 et U18 nos athlètes étaient 18 des 36 nommé pour l'équipe Nouveau Brunswick. Aussi qu'une qui a concouru or de l'équipe.

6-10ans: Cours Saut et Lance

Un programme introductoire pour les enfants 6-10ans. Nous offrons 3 sessions de 14 pratiques.

L'information et l'enregistrement peut être trouver ici:

<http://www.trackiereg.com/RJTASEA2024>

6-11ans: "Trail Blazers"

Un programme une fois par semaine pour 4 semaine pendant le printemps. C'est un nouveau program depuis 2022, et nous l'offrons dans 8 locations de la province pour que les enfants peuvent l'essayer proche d'eux autres.

12ans et plus: "Athlete Development"

Le programme primaire pour les enfants et adulte de 13 ans et plus. Ce groupe travaille beaucoup plus sur les techniques du sport. Eux autres qui sont nommer

sure les équipes, casses les records provinciale et acquis des médailles nationales.

L'horaire des pratiques pendant la saison intérieure

Lundi – 17h - 19h

Mardi - 17h30 - 19h30

Vendredi - 17h-19h

Samedi - 9h30- 11h30

Extérieur

Nous n'avons pas l'information aux moments.

Inscriptions

Les athlètes peut asseyez les pratiques pour une semaine avons inscrire pour être sure. Nous annonçons les nouveau sure notre site de Facebook ici: [Facebook](#). Si vous avez des questions vous pouvez contacter Peter sur son courriel: stuart@nbnet.nb.ca

Le lien pour incirre peut etre trouver ici: [ASEA Training registration 2024 Online Registration | TrackieReg](#)

Ansi que notre incriptions, pour participer tous le monde a besoid d'être un member avec l'organization sportif provinciale. Le lien pour eux autre est ici: [Athletics New Brunswick - 2024 Athlete Membership | AthleticsReg](#). nous sommes désolés qu'on peut pas le combiner avec notre.

Frais

-Pour une saison (interieur ou exterieur) est 150,00 \$

- Pour l'an en entier le frais est 260,00 \$

Pour la saison intérieure l'université a aussi une frais c'est indépendant de nous.

Compétitions

Pour l'information sur les compétitions vous pouvez aller sur le site de l'organisation sportive provinciale ici: [Athletics New Brunswick / Athlétisme Nouveau-Brunswick \(anb.ca\)](http://athleticsnewbrunswick.com)

Questions

Si vous avez des questions vous pouvez contacter Peter sur son courriel: stuart@nbnet.nb.ca