



March Break Camp

Campers will receive an introduction to Track & Field second to none. The program targets the physical challenges of our growing youth by applying progressive motor skill development combined with physical strength training and cardiovascular conditioning. Children come away from our program with a higher level of self-confidence.

Track & Field skills are introduced in a dynamic, fun, nurturing and cooperative approach to youth development. Our activities will focus on the development of fundamental athletic skills; running, jumping and throwing. We use fun Track & Field based activities and games to teach athleticism.

Our aim is to develop “all ‘round” athleticism and a total fitness model to develop the individual’s speed, agility, strength & fitness base. This prepares young athletes for better sport specific performance. It is a primary step for complete development and it will give children the confidence they need to challenge themselves.

Equipment

Participants only need to bring comfortable- active clothes with indoor running shoes. Day lockers are available; bring your own lock.

Lunch

Every child should bring lunch, snacks and a reusable water bottle to camp each day. Please respect that we are a “Nut Free Environment”

In a 5 day program, these skills and concepts are introduced in the morning session through Track & Field based activities. Participants then get to practice their new skills in strategically chosen sports and activities that will utilize their newly learned skills.

March 14 to 18

9am – 5pm

231 Ian MacDonald Blvd, Toronto at the Toronto Track & Field Centre

SKILLS YOU WILL LEARN

Running

- Starting technique
- Posture & body position
- Arm & Leg Action
- Hurdling
- Pacing
- Relays

Jumping

- Approach
- Take-Off
- Flight
- Landing

Throwing

- Preparation
- Building momentum
- Delivery
- Follow Through & Recovery

