



The Bullets Track & Field Club is a Run Jump Throw Club for children under the age of 14. It was started back in 1970 by Rick Westwood. Today we have the same focus it had back in 1970, 'every child has something to gain from being a part of our team'.

We truly believe in coaching child- athletes so they develop a little bit better every day. Our focus is on the development of 'personal bests'. Getting better is more important than finishing first. If you get better every day, eventually you become the best. That being said, we have had some fantastic results from some of our athletes. We have school board champions, provincial champions, provincial record holders and an All American on our team.

All of our athletes are coached in the fundamentals of running, jumping and throwing. As their athleticism develops, they are given more challenging skills to learn.

Our coaches are National Coaching Certification Program accredited and are committed to the development and success of all of our child- athletes. They also bring experience and accreditation in strength training, speed training, nutrition and other sports and physical activities.

Our club runs all-year-round. There are three seasons; Cross Country, Indoor and Outdoor. While each season has its own specialties, we maintain the spirit of Long Term Athletic Development and teaching FUNdamentals in a challenging and fun environment throughout the year.

