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## Run Jump Throw Wheel Camp and Meet at Park View Education Centre



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**WHAT?** Run, Jump, Throw, Wheel (RJTW) is Athletics Canada's official grassroots program of physical activity for children and youth.

**WHY?** RJTW contributes to the development of fundamental motor skills such as running, jumping, and throwing.

- The program is designed to give children a strong background in sport skills that will serve them well in other sports and throughout their lives. The RJTW Coaches will introduce the events that will be at the South Shore Tetrathon Track & Field Meet on **August 19th at Park View Community Field. (starts at 10:00 am)**



**WHO?** Students going into Grades 2-3  
Students going into Grade 4-5

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**Run, Jump, Throw Certified Coaches**

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**WHERE?** Park View Community Field

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**COST: \$15 for the 3 sessions**  
Payment onsite on August 14<sup>th</sup>. Contact Dean McDow [mcdow@nspes.ca](mailto:mcdow@nspes.ca) to confirm

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**WHEN?** August 14<sup>th</sup>, 16<sup>th</sup> and 18<sup>th</sup>  
Monday, Wednesday, Friday  
Grade 2-3 9am - 10am  
(2010 & 2009 birthdates)  
Grade 4-5 10am - 11am  
(2008 & 2007 birthdates)

**Registration for the South Shore Tetrathon Meet is on Trackie**  
[www.Trackiereg.com/sstetra](http://www.Trackiereg.com/sstetra)  
**COST: \$5 for Meet**  
**Held Saturday August 19<sup>th</sup>**  
**Starting at 10:00 am**

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**COST FOR THE 3 SESSIONS AND MEET IS \$20. YOU CAN INDICATE ON THE FIRST DAY OF REGISTRATION IF YOU ARE LOOKING AT DOING THE FULL PACKAGE AND WE CAN REGISTER YOUR CHILD FOR THE MEET THAT DAY.**

**\*\*\*Children not interested in the Camp are still encouraged to take part in the meet (ages 5 – 13) Register at [www.Trackiereg.com/sstetra](http://www.Trackiereg.com/sstetra) \*\*\***