



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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Athletics Manitoba School Outreach 2015

Athletics Manitoba is pleased to offer an outreach program to schools to assist with training and competition for the 2015 Outdoor Track Season. In 2016 and beyond this program will create a feeder system for Manitoba Games and other regional and provincial competitions.

The program is targeted at grades 7 through 9 (Bantam and Midget athletes) as an introduction to Athletics training and running, jumping and throwing events; however, depending on the size of the school and the number of athletes, high school students can be engaged in the program as well. The training program dates are at the discretion of the school and coaches can select a 4 or 6 week program that can be offered between mid-April and mid-June.

There is no fee for this program. Interested schools can sign up to be part of the program which will include the provision of a 4 or 6 week training program for athletes (3 sessions a week), at least one visitation from Athletics Manitoba clinicians and assistance with running a meet in the region or a field day at the school (the meet locations and dates will be determined once all the program participants are confirmed). All meets should be concluded by mid-June.

Following the school field day or regional meet, athletes and/or teams will have the option to compete at other meets as well as the Age Class Championships at the end of June. In addition, Midget athletes are eligible for selection to the Midget Provincial Team that competes at the Tri-Province Meet in July.

How do we get in? How does the program work?

1. Register by completing the online registration form at www.trackiereg.com. Search Athletics Manitoba Summer Outreach from the list of current events. **Please complete your registration by April 17, 2015.**
2. Once your registration is received, Athletics Manitoba will email you the training program of your choice (4 weeks or 6 weeks).
3. Start training!
4. Athletics Manitoba summer students will be in touch with you by the end of April to set up your school clinic date and your field day or regional meet.