



Youth Programs Winter 2018

Schedule: Saturday Program

#1	Saturday	January 13	Jack Simpson Track
#2	Saturday	January 20	Jack Simpson Track
#3	Saturday	January 27	Jack Simpson Track
#4	Saturday	February 3	Jack Simpson Track
#5	Saturday	February 10	Gold Gym
	Saturday	February 17	Family Day weekend – No Session
#6	Saturday	February 24	Gold Gym
#7	Saturday	March 3	Gold Gym
	Saturday	March 10	No Session
#8	Saturday	March 17	Jack Simpson Track
#9	Saturday	March 24	Gold Gym

Competitions

Sunday January 28, 2018 Jack Simpson Open, Calgary Indoor Track Series #3

General Program Structure:

Junior High

Dynamic Warm-up 15-20'
 Aerobic activity/game
 Main part 45-60'
 Run 15-20'
 Jump 15-20'
 Throw 15-20'
 Warm-down 10-15'
 Aerobic activity
 Game
 Stretch

Elementary

(11:00am-12:00pm) (12:00pm-1:00pm)
 Dynamic Warm-up 10-15'
 Aerobic activity/game
 Main part 30-45'
 Run 10-15'
 Jump 10-15'
 Throw 10-15'
 Warm-down 10-15'
 Aerobic activity
 Game
 Stretch

Technical Coordinator: Doug Lamont 403-220-2479

lamont@ucalgary.ca

Head Coach: Levi Hayworth

levi.hayworth@gmail.com

Program Information and updates will be posted at:

<http://uofcathletics.ca/league.php?scriptName=LEAGUEINFO&leagueID=16372&leagueInfoID=66742>

Goals for the Program:

To provide an enjoyable activity where participants will have the opportunity to develop:

- Basic technical models for the main events of Track and Field.
- Physical Fitness qualities and general health.
- New friends.
- Life skills (ie. Self discipline, respect for authority, competitiveness, cooperativeness, sportsmanship and self confidence)

Competitions:

Competitions are optional.

We would encourage participants to compete in the 60m and 4x200m relay, but it is not a requirement. The 150m or a distance event would be an option if the participant feels that they are prepared to have a successful experience.

Tentative Schedules:

10:30am-12:30pm	60m and 4x200m relay
Afternoon	150m and Distance Event

“The most important kind of success comes from striving to win and giving maximum effort. The only thing athletes can control is the amount effort they give. They have incomplete control over the outcome that is achieved.”