



## 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	Jack Simpson Track
#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

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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.”**