



## Youth Programs – Intermediate Fall 2018

### Schedule:

			Tuesday	Thursday
1	September 18 & 20	6:30pm – 8:00pm	Jack Simpson Track	No Session
2	September 25 & 27	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
3	October 2 & 4	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
4	October 9 & 11	6:30pm – 8:00pm	Jack Simpson Track	No Session
5	October 16 & 18	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
6	October 23 & 25	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
7	October 30 & November 1	6:30pm – 8:00pm	Jack Simpson Track	No Session
8	November 6 & 8	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
9	November 13 & 15	6:30pm – 8:00pm	Jack Simpson Track	No Session
10	November 20 & 22	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
11	November 27 & 29	6:30pm – 8:00pm	Jack Simpson Track	No Session
12	December 4 & 6	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track

Saturday December 8, 2018

Dino Opener, Jack Simpson Track  
10:00am – 4:00pm

Program:

Junior High (6:30pm-8:00pm)

Dynamic Warm-up 15-20'  
Aerobic activity/game  
Main part 40-60'  
Warm-down 10-30'  
Aerobic activity  
Game  
Stretch

Technical Coordinator: Doug Lamont

[lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)

403-220-2479

Head Coach: Adam Elford

[aje\\_9@hotmail.com](mailto:aje_9@hotmail.com)

Program Information and updates will be posted at:

[http://uofcathletics.ca/dino\\_youth.htm](http://uofcathletics.ca/dino_youth.htm)

## 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:

This program does encourage preparation for some competition. If you have concerns about the Competitions, please discuss with Adam.

On December 8<sup>th</sup> there will be an Indoor Track meet (Dino Opener) hosted by the University of Calgary. We would encourage participants to compete in the 60m and 4x200m relay and other events if they wish.

Tentative Schedule:

10:45am	60m
11:30am	4x200m
1:00pm	200m (14 & older)
1:30pm	150m (13 & under)
2:00pm	800m (12 & older)

Dino Youth participants are also invited to compete in the Jack Simpson Open on January 6, 2019

**“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.”**