



## Youth Track & Field Programs Fall 2018

### Schedule:

|     |          |              | Meeting Location   |
|-----|----------|--------------|--------------------|
| #1  | Saturday | September 15 | Jack Simpson Track |
| #2  | Saturday | September 22 | Jack Simpson Track |
|     | Saturday | September 29 | No session         |
| #3  | Saturday | October 6    | Gold Gym           |
|     | Saturday | October 13   | No Session         |
| #4  | Saturday | October 20   | Jack Simpson Track |
| #5  | Saturday | October 27   | Jack Simpson Track |
| #6  | Saturday | November 3   | Jack Simpson Track |
| #7  | Saturday | November 10  | Jack Simpson Track |
| #8  | Saturday | November 17  | Jack Simpson Track |
| #9  | Saturday | November 25  | Jack Simpson Track |
| #10 | Saturday | December 1   | Jack Simpson Track |

### 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

|                       |        |
|-----------------------|--------|
| 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:**

Sunday December 8, 2018

Calgary Indoor Track Series #1- Competition

Competitions are optional.

In early December there will be a Indoor Track meet hosted by the University of Calgary. We would encourage participants to compete in the 60m and 4x200m relay, but it is not a requirement. The 800m would be an option if the participant feels that they are prepared to have a successful experience.

The 60m starts at approximately 10:45am and the relay is around 12:30pm. The 800m is around 2:00pm.

The Last session will be an in house competition where participants will compete in Field events, hurdles and/or relays.

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.”**