



## Youth Programs Winter 2019

### Schedule: Saturday Program

#1	Saturday	January 12	Jack Simpson Track
#2	Saturday	January 19	Jack Simpson Track
#3	Saturday	January 26	Jack Simpson Track
#4	Saturday	February 2	Jack Simpson Track
#5	Saturday	February 6	Jack Simpson Track
#6	Saturday	February 16	Gold Gym
	Saturday	February 23	No Session
#7	Saturday	March 2	Gold Gym
#8	Saturday	March 9	Jack Simpson Track
#9	Saturday	March 16	Jack Simpson Track
#10	Saturday	March 23	Jack Simpson Track

### Competitions

Sunday January 27, 2019      Dino Classic, 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.”**