



**Youth Programs – Intermediate
Winter 2019
Updated February 24, 2019**

Training

			Tuesday	Thursday
#1	January 15 & 17	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#2	January 22 & 24	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#3	January 29 & 31	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#4	February 5 & 7	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#5	February 12 & 14	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#6	February 19 & 21	6:30pm – 8:00pm	Jack Simpson Track	No Session
#7	February 26 & 28	6:30pm – 8:00pm	Jack Simpson Track	No Session
#8	March 5 & 7	6:30pm – 8:00pm	Jack Simpson Track	No Session
#9	March 12 & 14	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#10	March 19 & 21	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
	March 26 & 28		School Spring Break	
#11	April 2 & 4		Jack Simpson Track	Jack Simpson Track

Competitions

Sunday January 6, 2019 Jack Simpson Open, Indoor Track Series #2
 Sunday January 27, 2019 Dino Classic, Calgary Indoor Track Series #3

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 403-220-2479
Head Coach: Jamie Kolodinsky

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Program Information and updates will be posted at:
www.uofcathletics.ca “Dino Youth Program

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”