



Dino Youth Track & Field Program Intermediate Spring 2019

Schedule:

	Time	Tuesdays	Thursdays
#1 - April 16 & 18	6:30pm-8:00pm	Jack Simpson Track	Jack Simpson Track
#2 - April 23 & 25	6:30pm-8:00pm	Jack Simpson Track	Jack Simpson Track
#3 - April 30 & May 2	6:30pm-8:00pm	No Session	No Session
#4 - May 7 & 9	6:30pm-8:00pm	Jack Simpson Track	Jack Simpson Track
#5 - May 14 & 16	6:30pm-8:00pm	Jack Simpson Track	Jack Simpson Track
#6 - May 21 & 23	6:30pm-8:00pm	Weather Dependent	Weather Dependent
#7 - May 28 & 30	6:30pm-8:00pm	Weather Dependent	Weather Dependent
#8 - June 4 & 6	6:30pm-8:00pm	No Session	Weather Dependent
#9 - June 11 & 13	6:30pm-8:00pm	Weather Dependent	Weather Dependent
#10 - June 18 & 20	6:30pm-8:00pm	Weather Dependent	Weather Dependent
#11 - June 25 & 27	6:30pm-8:00pm	Weather Dependent	No Session

With the warmer weather if Spring/Summer, we will have the opportunity to conduct sessions at Foothills Track. We will provide advance notice when we plan to train at Foothills.

If the weather changes and makes training outside, hazardous, we will notify participants 3 hours prior to the session with an email and a posting on the Dino Youth Webpage, www.uofcathletics.ca

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

lamont@ucalgary.ca

Head Coach:

Adam Elford

aje_9@hotmail.com

Program Information and updates will be posted at:

<http://uofcathletics.ca/league.php?scriptName=LEAGUEINFO&leagueID=16372&leagueInfoID=6674>

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)

TENTATIVE: Competitive Opportunities (More information to follow):

May 12-13, 2018	Calgary Spring Challenge, Foothills Athletic Park (all ages)
May 20, 2018	New Balance Athletics Series, Meet #1, Foothills Athletic Park (14 years & older)
May 27, 2018	New Balance Athletics Series, Meet #2, Foothills Athletic Park (14 years & older)
June 3, 2018	New Balance Athletics Series, Meet #3, Foothills Athletic Park (14 years & older)
June 15-17, 2018	Caltaf Classic, Foothills Athletic Park (all ages)
June 23, 2018	Cheetahs Invitational, Foothills Athletic Park (13 years and younger)

More information will be distributed as it becomes available.

“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.”