



Dino Youth Track & Field Program Elementary & Junior High Spring 2019

Schedule: Saturday Program

#1	Saturday	April 13	Jack Simpson Track
#2	Saturday	April 20	Jack Simpson Track
#3	Saturday	April 27	Jack Simpson Track
#4	Saturday	May 4	Jack Simpson Track
	Saturday	May 11	No Session
#5	Saturday	May 18	Jack Simpson Track
#6	Saturday	May 25	Jack Simpson Track
#7	Saturday	June 1	Jack Simpson Track
#8	Saturday	June 8	Jack Simpson Track
#9	Saturday	June 15	Jack Simpson Track
#10	Saturday	June 22	Jack Simpson Track

General Program Structure:

Junior High (9:15am-10:45am)

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 (10:55am-11:55am) (12:05pm-1:05pm)

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

Technical Coordinator: Doug Lamont

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Head Coach:

Levi Hayworth

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Program Information and updates will be posted at:

<http://uofcathletics.ca/dino-youth/>

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.