



Youth Programs – Intermediate Winter 2020

Training

			Tuesday	Thursday
#1	January 14 & 16	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#2	January 21 & 23	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#3	January 28 & 30	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#4	February 4 & 6	6:30pm – 8:00pm	Jack Simpson Track	No Session
#5	February 11 & 13	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#6	February 18 & 20	6:30pm – 8:00pm	Jack Simpson Track	No Session
#7	February 25 & 27	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#8	March 3 & 5	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#9	March 10 & 12	6:30pm – 8:00pm	Jack Simpson Track	No Session
#10	March 17 & 19	6:30pm – 8:00pm	Jack Simpson Track	No Session
#11	March 24 & 26	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
#12	March 31 & April 2	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track

Competitions

Sunday January 5, 2020 Jack Simpson Open, Indoor Track Series #2

Sunday January 26, 2020 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 lamont@ucalgary.ca

Head Coach: Jamie Kolodinsky jamieck@shaw.ca

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”