



**Youth Programs  
Winter 2020  
Updated February 27, 2020**

**Schedule: Saturday Program**

#1	Saturday	January 11	Jack Simpson Track
#2	Saturday	January 18	Jack Simpson Track
#3	Saturday	January 25	Jack Simpson Track
#4	Saturday	February 1	Jack Simpson Track
#5	Saturday	February 8	Jack Simpson Track
#6	Saturday	February 15	Jack Simpson Track
	Saturday	February 22	No Session
#7	Saturday	February 29	Jack Simpson Track
#8	Saturday	March 7	Jack Simpson Track
	Saturday	March 14	No Session
#9	Saturday	March 21	Gold Gym 900-1300
#10	Saturday	March 28	Jack Simpson Track

**Competitions**

Sunday January 26, 2020      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.”**