



## Youth Programs – Intermediate Fall 2020

### Schedule:

			Tuesday	Thursday
1	October 20 & 22	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
2	October 27 & 29	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
3	November 3 & 5	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
4	November 10 & 12	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
5	November 17 & 19	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
6	November 24 & 26	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
7	December 1 & 3	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
8	December 8 & 10	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track
9	December 15 & 17	6:30pm – 8:00pm	Jack Simpson Track	Jack Simpson Track

### 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

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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)

## **Competitions: (TENTATIVE)**

Sunday December 5, 2020

Calgary Indoor Track Series #1- Competition

Competitions are optional.

In early December there will be a Indoor Track meet hosted by the University of Calgary. We would encourage participants to compete in the 60m and 4x200m relay, but it is not a requirement. The 800m would be an option if the participant feels that they are prepared to have a successful experience.

The 60m starts at approximately 10:45am and the relay is around 12:30pm. The 800m is around 2:00pm.

The Last session will be an in house competition where participants will compete in Field events, hurdles and/or relays.

Dino Youth participants are also invited to compete in the Jack Simpson Open on January 9, 2021  
(TENTATIVE)

**“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.”**