



Youth Track & Field Programs Fall 2020

Schedule:

			Meeting Location
#1	Saturday	October 17	Jack Simpson Track
#2	Saturday	October 24	Jack Simpson Track
#3	Saturday	October 31	Jack Simpson Track
#4	Saturday	November 7	Jack Simpson Track
#5	Saturday	November 14	Jack Simpson Track
#6	Saturday	November 21	Jack Simpson Track
#7	Saturday	November 28	Jack Simpson Track
#8	Saturday	December 5	TBD
#9	Saturday	December 12	Jack Simpson Track
#10	Saturday	December 19	Jack Simpson Track

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

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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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.”