



## Pacific Athletics Track & Field Club Junior Development (10-13) and Midget 14/15 y.o. Track and Field Program

Where – Centennial Stadium, UVic

When – Season runs April 3<sup>rd</sup> – June 28<sup>th</sup>

The Junior Development/Midget program of Pacific Athletics is open to 10 – 15( born 2000-2005) year olds. The club runs twice weekly training sessions from early April to the end of June. We usually practice 6.15-7.45 Tuesday and Thursday, and at the moment are renegotiating our timeslot. There are championships held in mid July, this year in Kamloops, that the athletes are welcome to attend.

Please note this year the 15 year old athletes(those born in 2000) will be training with our group but the program will be more for athletes trying out a club environment for the first time, or those that may want to supplement their high school program. it won't be tailored toward elite level athletes.

The program follows Athletics Canada's long term athlete development model for athletes. Emphasis is placed more on learning and growing as an athlete rather than measuring your performances against other athletes. Our goal is to inspire people to participate in sports or exercise after they leave the program regardless of ability, as opposed to an activity just done while in school.

Athletes will be coached in sprint, middle distance, shot put, discus, javelin and all jumping events. We expect them to participate in all events at the practices up to the age of 13/14 when they can start to specialize in their favourite events. Each athlete can choose their individual events at the track meets. There is the chance to participate in 4 – 6 track meets per season, again, emphasizing skill development and self improvement rather than winning. Some track meets are 2 days such as the one in Port Alberni early May, and Victoria again in early May. Proposed one day meets could be held in Nanaimo, Port Alberni and Courtney later in May and in June.

Our coaches are trained through BC Athletics. Our goal is to have one coach for every 5 – 8 athletes at practice. We also have competing 15-18 year old athletes that have been through our Jd program in the past mentor as coaches at the practices with the goal of coaching one day themselves. Some have already participated in the coaching education courses offered through BC Athletics and are moving toward certification themselves. Volunteer criminal record checks are also required for all coaches. To keep our goal of low child/coach ratios space is limited for this program.

For parents interested in coaching, the club assists with the costs associated with the education. It usually involves a two day and a half day course(Friday evening, Saturday, Sunday) in Nanaimo in April.

At the completion of the course, you will be trained at 'Sport Coach' Level. The club asks that in return for covering the costs of education, parent commit to attending the 2 practices each week throughout the 3 month season. There is also a discount per athlete membership if the parent commits to coaching. At the beginning of the season, new coaches are partnered with existing coaches and will develop their skills quickly enough to be taking a group of athletes by themselves during the season.

We will be having some informal practice/information sessions in late March to allow newcomers to get a sense of this affordable track program. They are tentatively set for the last 2 Sundays in March at 10 am (March 22<sup>nd</sup> and 29<sup>th</sup>). The sessions will be approximately 45 minutes long and are held at Centennial Stadium on the UVic campus.

The cost of the program is approximately \$325 for the season. This fee includes coaching in July for those athletes attending Championship meet, a club singlet and BC Athletic membership. Also included are the entry fees to the track meets held on Vancouver island and BC Championships.

The club website is [www.pacificathletics.ca](http://www.pacificathletics.ca)

When on the website, please click "training groups", then click "Junior Development/Midget". In the bottom paragraph is a link to our info letter which contains lots of details regarding the program.

Please contact Laurie Willett at [landlwillett@shaw.ca](mailto:landlwillett@shaw.ca) for more details.