

What You Will Do

Campers will receive an introduction to Track and Field second to none. The program targets the physical challenges of our growing youth by applying progressive motor skill development combined with physical strength training and cardiovascular conditioning. Children come away from our program with a higher level of self confidence.

Track and Field skills are introduced in a dynamic, fun, nurturing and cooperative approach to youth development. Our activities will focus on the development of fundamental athletic skills; running, jumping and throwing. We use fun Track & Field based activities and games to teach athleticism.

Our aim is to develop “all ‘round” athleticism and a total fitness model to develop the individual’s speed, agility, strength & fitness base. This prepares young athletes for better sport specific performance. It is a primary step for complete development and it will give children the confidence they need to challenge themselves.

Equipment

Participants only need to bring comfortable-active clothes with indoor running shoes. Day lockers are available; bring your own lock.

Lunch

Every child should bring lunch, snacks and a reusable water bottle to camp each day. Please respect that we are a “Nut Free Environment”

2016 March Break

Run Jump Throw Wheel

Athletics Camp

All activities will be in the Canada’s High Performance Track & Field Centre

March 14 to March 18- \$200

Toronto Track & Field Centre

231 Ian MacDonald Blvd,

York University, Toronto

9am-5pm

Register at

www.trackie.com

For more information email

rjtw@athleticsontario.ca

Or Call 416-426-4216

York University parking fees will apply to vehicles not utilizing drop-off practices. Parents can observe the Camp from the spectator seating area on the 2nd floor viewing gallery.



RunJumpThrowWheel
Sports Camp



Ages 6 to 13

RUN faster



JUMP higher



THROW further



WHEEL

like a pro

Jump Throw Wheel (RJTW) is a national program that teaches fundamental movement skills and develops physical literacy.



Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling.



Our goal is to provide a physical activity program that serves as a strong foundation for all sports. Run Jump Throw Wheel assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy.



All activities are designed to teach fundamental movement skills using developmentally appropriate progressions to introduce and develop skills, with skill consolidation done through games and skill challenges.



In a 5 day program, these skills and concepts are introduced in the morning session through Track & Field based activities. Participants then get to practice their new skills in strategically chosen sports and activities that will utilize their newly learned skills.



Skills You'll Learn

Running

- Starting technique
- Posture & body position
- Arm & Leg Action
- Hurdling
- Pacing
- Relays



Jumping

- Approach
- Take-Off
- Flight
- Landing



Throwing

- Preparation
- Building momentum
- Delivery
- Follow Through & Recovery

