



# Indoor Track & Field

## January 5 – March 15, 2012

Starting in January, the Saint John Track Club will once again provide bi-weekly training sessions in two locations. For children ages 8-10 we offer the Run-Jump-Throw program as an introduction to the events of track and field with a focus on fun & fitness. Athletes age 11 and up will work on general fitness, strength training and technique for indoor competitions. Athletes are welcome to attend one or both of the sessions held each week.

### Training Session:

<u>Location</u>	<u>Program</u>	<u>Day</u>	<u>Starting</u>	<u>Times</u>
UNBSJ Athletics Center	Run/Jump/Throw (ages 8-10)	Thursday	January 5 <sup>th</sup>	5:00-6:00 pm
UNBSJ Athletics Center	Competitive athlete training (ages 11 or older)	Thursday	January 5 <sup>th</sup>	5:00 – 6:30 pm
Harry Miller Middle School	Run/Jump/Throw (ages 8-10)	Sunday	January 8 <sup>th</sup>	4:00-5:00 pm
Harry Miller Middle School	Competitive athlete training (ages 11 or older)	Sunday	January 8 <sup>th</sup>	4:00 – 5:30 pm

Please Note:

- Schedules may change from time to time due to conflicts with other events at these facilities.
- Additional practice times may be confirmed following the Christmas break.

### Indoor Competitions and events: (Tentative Schedule)

January 4-5	ANB Youth & High Performance Camp	Moncton, N.B.
January 14-15	Moncton Open	Moncton, N.B.
January 21	N.S. Indoor Championship	Halifax, N.S.
February 11	N.B. Indoor Championships	Oromocto, N.B.
February 25-26	Atlantic University Championships & Invitational (Ages 17+)	Moncton, N.B.
March 3	Atlantic Indoor Championships	Moncton, N.B.

**Fees: \$80 (includes \$40 club indoor season fee, Club T-Shirt and \$40 Athletics NB fee)**

Registration can be done at your first or second sessions. All fees are due and payable to the Saint John Track Club at the second session attended. ANB fees cover all of 2012 including indoor track, outdoor track and cross country seasons. This year's registration will include a club T-Shirt.

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