



Mission & Values of the Saint John Track Club

The Saint John Track Club was founded in the 1970's by the late Walter Ellis and a group of interested parents. It has a long history of providing young Saint John area athletes with programs, coaching and the opportunity to compete locally, regionally and nationally. This document is meant to provide answers to some of the key questions that most parents and athletes have about our programs and training philosophy.

The club's mission is committed to...

1. Being an athletics family open to all ages & abilities
2. Providing participation, recreation & supporting high performance
3. Supporting track as a part of school sport & UNB V Reds Program
4. Having the facilities, equipment & volunteers to host "Great Meets!"
5. Building awareness of our athletes and our sport in the community

The club's main goals are to encourage and foster participation & performance in track & field.

- Provide a fun and rewarding program for youth to:
 - learn the events of track and field
 - increase their fitness
 - experience competition
 - support athletes in achieving their personal best
- Achieve leading performances striving for the following:
 - 3 national medals
 - 5 provincial records
 - 1 athlete named to a national team
 - 1 coach named to a national team
 - Win a provincial club championships
 - Have an end of season 'survey' rating of 90%

The Saint John Track Club is a member of the True Sport movement which believes that sport can transform lives and communities—if we do it right. True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behaviour, and win-at-all-costs thinking.

True Sport Principles for Sport

Go For It: Always rise to the challenge. Discover how good you can be.

Play Fair: Play honestly and obey the rules. Winning is only real when competition is fair.

Respect Others: Respect teammates, competitors and officials both on the field and off. Win with dignity and lose with grace.

Keep it Fun: Have a good time. Keep a positive attitude and contribute to a positive atmosphere.

Stay Healthy: Respect your body. Keep in shape. Avoid unsafe activities.

Give Back: Do something that helps your community.

www.truesport.ca