



# **SJTC Track & Field Programming Model**

## **What programs are offered?**

- Run Jump Throw – Introductory program for ages 8-11
- Junior Development – Training and skill development for ages 11-15
- Senior Athlete – Training programs for ages 16+
- University Athletics – UNBSJ Varsity Reds Track & Field
- Masters Track & Field – Athletes 30 years and older
- Athletes with a Disability – Any athlete with a disability wishing to compete in Para-Athletics

The following sheet has a detailed outline of the club's programming model.

## **When & where does the club train?**

- Indoor Training: January – April – UNBSJ Field House & local schools.
- Outdoor Training: May – August - UNBSJ, Canada Games stadium
- Cross Country Training: September – November – Rockwood Park

## **Who are the coaches and what training do they have?**

- Our coaches & instructors are volunteers who are often past athletes in the sport
- One of our coaches is employed by Athletics NB and club to provide support to high performance athletes.
- Any one designated as a coach in our club has training in various programs from National Coaching (NCCP).
- Someone designated as an instructor may not have had NCCP training but would work with our trained coaches.

## **How can parents help?**

- The club can always use help from parents. This includes:
  - Assisting coaches or becoming a certified coach/ RJT instructor
  - Volunteering and officiating at competitions
  - Assisting with club organization or the board of directors

## **Should athletes participate in other sports?**

- Specializing in a single sport at a young age is not recommended .Club members are encouraged to participate in other sports to develop into well rounded athletes
- Other sport activities are complemented by the fitness and skills gained in our programs; likewise, track and field performance is also improved through participation in other sports.

## **Should athletes do additional training between practices?**

- Younger athletes (prior to puberty) may not require additional training, especially if they are involved in other sports. Discuss this with their coaches/instructors.
- Older athletes should consult with coaches as to the types and amounts of training needed outside of scheduled practice times. Those involved in other sports may require less additional training.

## **More questions?**

- Feel free to discuss questions with our coaches prior to practice sessions.
- Contact us [SaintJohnTrack@yahoo.ca](mailto:SaintJohnTrack@yahoo.ca) [www.SJTC.ca](http://www.SJTC.ca)

Programs are based on Athletics Canada's Long Term Athlete Development model (LTAD) which:

- Proposes a varying focus on training and competition appropriate to the age of the athlete.
- Recognizes that track & field athletes develop to their full potential at a later age (after age 19)
- Recognizes that intensive training at a younger age can lead to burn out or injury.

The Saint John Track Club strives to create a fun and challenging program with the following goals:

- Stimulating interest in track and field in a way that is fun and accessible.
- Providing appropriate training/competitions based on the age, ability & desire of the athlete.
- Promoting fitness and participation in sport for life.
- Encouraging personal improvement rather than winning.
- Promoting track & field training as complementary to other sports.
- Adhering to principals of the LTAD and Canada's Sport 4 Life (CS4L) initiative.

<b>Program/Ages</b>	<b>Description &amp; Objectives</b>	<b>Competition?</b>
<b>Run Jump Throw</b> Ages: 8-11 years	<b>Fundamentals</b> of our sport "Athletics" (Track & Field) - Running, Jumping & Throwing skills - ABC'S – Agility, Balance, Coordination & Speed - Play based programs & modules to introduce events - Emphasis is on fun, skill building and fitness. - General skills like warm up, stretching & cool down - Encouraged to participate in & try other sports - Youth that are 11 may move up once having completed RJT if they are interested in competition.	<b>Competition is supported &amp; encouraged if youth show interest.</b> Running events would be limited to shorter distances, some jumps and throws are not available for younger children.
<b>Junior Development</b> Ages: 11-15 years	<b>Learning to Train</b> - ABC'S – Agility, Balance, Coordination & Speed - Specific event skills to learn new events - Encouraged to play multiple sports (2-3) - Build endurance, develop speed and strength - Competing for personal challenge - Opportunities for provincial teams - Intensity and frequency of training increases with age & after major growth spurt	<b>Competition is strongly encouraged to test the skills learned &amp; to measure personal improvement.</b> Personal goals should focus on improvement and skill development. Personal progress is emphasized over winning and record setting.
<b>Senior</b> Ages: 16 to 20+	<b>Learning to Train &amp; Training to Compete</b> - Focus on specific preparation & more event specialization - Build endurance, develop speed and strength - Coaches focus on physical & mental development - Multiple sports are still encouraged but we recommend a primary focus on track & field during outdoor season - Focused training for peak performance during main competitive season(s)	<b>Competition is expected as a way to measure personal progress and to achieve individual goals.</b> At this age the goals, training and competition are based on the initiative and desire of the athlete with "guidance" from coaches and parents.
<b>University / Adult</b> Ages: 18 and up	<b>Training to Win</b> - Focus on specific preparation & more event specialization - Build endurance, develop speed and strength - Coaches focus on physical & mental development - Athletes focus on Track & Field as their primary sport - Focused training for peak performance during main competitive season(s)	<b>Competition is expected as a way to measure personal progress and to achieve individual goals.</b> At this age the goals, training and competition are based on the initiative and desire of the athlete with "guidance" from coaches and parents.
<b>Master</b> Ages: 30 and up	<b>Active for Life</b> - Focus on specific preparation for events - Build endurance, develop speed and strength - Coaches focus on physical & mental development - Athletes focus on Track & Field as their primary sport - Focused training for peak performance during main competitive season(s)	<b>Competition is important as a way to measure personal progress and to achieve individual goals.</b> At this age the goals, training and competition are based on the initiative and desire of the athlete with "guidance" from coaches and parents.
<b>Athletes with a Disability</b> Any Age	<b>AWAD</b> Athletes with a disability can be introduced to many aspects of track and field. They would typically have individual coaching but may also be integrated into the general training groups above where appropriate.	<b>Competition is expected as a way to measure personal progress and to achieve individual goals.</b> The goals, training and competition are based on the initiative and desire of the athlete with "guidance" from coaches and parents.

For more information on LTAD or CS4L which are relevant to all sports see <http://www.anb.ca/indexANB.php?content=sportForLife> or ask one of the coaches.