



Saint John Track & Field Club Inc.  
c/o 111 Paradise Row  
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## Saint John Track Club Directors Meeting

**Date:** September 15, 2016

**Location:** Lily Lake Pavilion

**Attendees:**

✓ Alex Holder	✓ Dave Thomas	✓ Rebecca Lagace
✓ Bill MacMackin	✓ Jason Reindl	x Sue Ellis Loparco
✓ Dave Jefferson	✓ Luc Cormier	✓ Violet Brown
	✓ Rachelle McDonald	

### 1.0 Call to Order

The Meeting was Called to Order by Bill MacMackin at 6:40 p.m.

### 2.0 Approval of Agenda

Motion: Dave J

Seconded: Luc

MOTION CARRIED

### 3.0 Approval of Previous Minutes – June 23, 2016

Motion: Rebecca

Seconded: Luc

MOTION CARRIED

### 4.0 New Business

#### 4.1 Reports

##### 4.1.1 Presidents Report

Bill commented on a successful summer season with track.

Bill noted that the Athletics New Brunswick (ANB) Board will have a few openings soon and will be looking for new Members. Anyone interested should contact Bill directly.

##### 4.1.1.1 Field House Update

Bill spoke on the update of the Field House and that the fieldhouse campaign has secured more than \$10 million of its \$12-million goal and applied to the federal and provincial

governments for the balance of the funding. While the hope is to see construction start in 2017, the project may not begin until 2018. More will be known in December but it was mentioned that it would be preferable to open later in the Fall to early Winter since this is an indoor track and more practical to open as an indoor season is beginning.

The fieldhouse project is one of the top projects currently in Saint John and is high on the City's list with the current Council and local politicians. There was an announcement made today, September 15, 2016, that the Greater Saint John Fieldhouse Inc. has partnered with the Saint John Learning Exchange, Saint John Community Loan Fund and other community organizations to create new employment opportunities through a community benefit agreement. Bill noted that the group has presented to local towns and Council has referred their support to the budget departments from the Town of Rothesay and Town of Quispamsis but not the Town of Hampton. Other support continues from financial institutions such as CIBC, Scotia Bank and the Royal Bank.

Bill asked the Board Members for their opinion of sending in a letter of intent for Saint John Track Club to host the Athletics Canada Indoor Championships in 2019 as one of the premier events at the new Field House. He noted that the propose would be due in March 2017 and the letter of intent is required by the end of September 2016.

Motion: Dave J

*That the SJTC send in a letter of intent to host the Athletics Canada Indoor Championships in 2019.*

Seconded: Luc

MOTION CARRIED

## **4.1.2 Financial Report**

### 4.1.2.1 Luc Cormier

Luc reviewed the financial report noting that there are no expenses incurred in some areas yet but that will be entered before the end of the year. The cost of the Meets are breaking even and the new singlets have made a little money. The UNB funding was noted as the same again due to the current contract but the team is increasing as are the costs. This will be noted in the next contract negotiations. The facility rentals costs have decreased due to the fact that Coach Jason works with the UNB team and SJTC at the same time so there are not two separate cost items.

It was asked if the Club would consider ordering the rain jackets that were available for purchase several years ago as the staff and members that still have them stated the Storm Tech jackets kept them dry during a recent rainy track & field meet.

*Bill will contact the company that SJTC purchased the jackets from and request pricing for jackets and pants.*

See full report attached.

#### **4.1.3 Coaches Report – Jason Reindl**

Jason reviewed his written report including the numbers of registered members at 220 which encompasses coaches, peewee to masters. Jason reviewed the summer students work with a note that Clayton Holteen is now finished and moved on. He complimented the three students, Clayton, Julia Loparco and Victoria LeBlanc, and with assistance from Alex Holder, for the successful hosting of 9 track meets and 10+ events during a 16-week summer program.

Jason noted the records for each major event during the outdoor season and recognized that some Masters records still need to added from the recent throws competition.

The UNB Facebook group for current athletes has over 70 members now with the anticipation of another large year for the program.

Jason reviewed the CSCA training group and noted the support that will be offered to the athletes in the program. He mentioned several athletes that are preparing for Florida camp in December.

Jason reviewed the Responsible Coaching Movement (RCM) which is coordinated by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport. The RCM is a collaborative effort open to all NCCP partners and sanctioned sport organizations to ensure the impact of coaches is a positive one for athletes and for Canadian sport. Jason suggested that SJTC make a pledge to support the RCM and commit to achieving the Phase 1 objectives which addresses the relationship between coach and athlete to ensure that athletes, especially minor athletes, are not subject to unethical behavior by coaches. It was recognized that SJTC already adheres to similar procedures and policies so this would be a good fit for the group.

Motion: Dave J

*That Jason proceed with the pledges to align our practices with Phase 1 of the Responsible Coaching Movement.*

Seconded: Luc

**MOTION CARRIED**

See Jason's full report attached.

#### **4.1.4 RJTW – First Contact Report – Alex Holder**

Alex reviewed his written report including the events and meets he attended recently and noted that over the last year, he has made initial contact with over 18,000 youth and coaches during the RJTW events and training. It was recognized that some of the youth may be counted more than once due to their attendance at more than one event but in counting the number of attendees at training camps, Alex has met with this huge number of youth. Alex was commended for his success in connecting with the Francophone communities and the 29 teachers of the French schools that are now training in the RJTW series. This is the first success in bringing the French teachers into the program.

Alex noted that he met with Greg Evans of the GNB Saint John, Programs and Regional Development for the Para Programming and has developed a list of options for activities

where para athletes can improve mobility and hopefully advance to competitions. Alex will be applying for funds to support this aspect of the training; see attached.

See full report attached.

Motion: Luc

*That all reports of the President, the Financials, and the Coaches are approved as reviewed.*

Seconded: Rebecca

MOTION CARRIED

## **4.2 Outdoor / Summer Season – Recap and Review**

### **4.2.1. Coaches Comments**

It was recognized that the Junior Development numbers stayed consistent all year, right to the end, and some of the athletes are in their third season. The Middle School group has some challenges at times with the range of ability of athletes; some are high performance runners and some are just starting and find it hard to keep up.

Alex Coffin was noted as having a good group all year as well with consistent numbers.

### **4.2.2. Stats and Results**

Bill asked about the recent Throws Meet and Rebecca noted that while only 8 were in attendance, it offered time for each athlete to throw the usual amount of times without running out of time. The event went well and the results were good.

### **4.2.3. General Overview and Discussion**

It was noted that the throwing cage netting will be taken down on Monday but the poles will remain in place. It was also noted that the netting is getting in bad shape and should be added to the inventory review.

Rebecca commented on the amount of geese and the feces left behind in the area of the throw cages. This is becoming a problem for the droppings and the smell.

Rebecca also noted that there is no 500-gram javelin that is in good shape.

Also noted were the boards on the outside of the shot put area and the need for them to be reinstated. This has become a safety concern.

The refrigerator in the stadium volunteer room is in need of replacement.

*Bill to speak with Shaw Brick for possible assistance with the shot put work required.*

*Jason to speak with UNB Maintenance about possible Spring work on the grounds and throws compounds.*

*Bill to investigate options for a refrigerator replacement.*

*Bill and Jason to do an inventory on equipment next Spring and make recommendations.*

### **4.3 Fall / Cross Country Season – Update**

#### **4.3.1. Registration / Schedule, Etc.**

Bill noted that the Fall Season addition of SJTC runners to the Cross Country season was well received with 47 open registrations and an average of over 20 athletes per night attending. All athletes and parents were pleased with the addition to the schedule.

#### **4.3.2. JDI Meets – September 20<sup>th</sup> and October 5<sup>th</sup>**

Bill noted that everything is going well so far with the schedule and registration of events.

#### **4.3.3. NBIAA / Atlantics, Etc.**

Bill noted the calendar of events upcoming including the NBIAA XC Provincials, the Atlantic XC Championships, the AUS and CIS Championships. All events are on the calendar on the SJTC Website.

#### **4.3.4. Gagetown Indoor Meet**

Bill noted that a change in staff responsibilities has taken place but everyone and everything has been organized and the schedule is now up for this event.

#### **4.3.5. National Cross Country Championships – Kingston, ON**

Bill noted that he is unlikely to be travelling for this event this year.

### **4.4 Indoor Season**

#### **4.4.1. Start Date / Locations / Coaches**

Bill noted that the Club is looking at the same days and times as the previous indoor season with a January start on the same week as school starts.

*Jason and Bill to review and confirm.*

#### **4.4.2. On-Line Registration**

No changes in the process of on-line registration. There was an increase of 19 to 20 new members so far this year.

#### **4.4.3. Volunteer Needs**

It was recognized that while the Strategic Plan is looking at promoting the Club along with the registration numbers, current volunteer coaches and assistants, as well as the amount of space in the training location would need to be evaluated if increased.

*Bill will be sending out a notice to all volunteers and coaches to ensure positions are covered.*

## **4.5 Awards**

### **4.5.1. Club Awards Night – November – date to be confirmed**

It was asked if the Club could look at awards for the younger athletes in order to encourage excitement and potentially entice more attendance at track & field meets. It was suggested to look at Awards for Effort for those who work harder than others even if they do not succeed in or at meets. Perhaps an award for Participation to Track Meets. Although this was reviewed in previous years and found to have little effect, it will be reviewed again. It was recognized that the Awards Night is late in the evening and any awards for the younger athletes would be done early in order to accommodate the family schedule.

*Bill and Jason to review the results to determine the awards noting that most awards are obvious.*

*Alex to review the results for the youngest group of athletes to see if anyone stands out in the category of effort or in the number of meets attended.*

### **4.5.2. Submission to ANB Awards**

*Bill and Jason to review the results to determine the awards noting that most awards are obvious.*

## **4.6 Other Business**

Dave Thomas asked about the Strategic Plan that was introduced and the forward movement of such. Bill noted that it was shared with the Board Members with a few changes noted in the Action Plans and vocabulary.

Motion: Luc

*That the Strategic Plan be accepted as reviewed.*

Seconded: Dave J

**MOTION CARRIED**

## **5.0 Adjournment**

A motion was received to adjourn the meeting at 8:10 pm with thanks for all who attended. The next meeting will be the awards night then a January Board Meeting with the date to be confirmed.

Motion: Dave J

## Saint John Track & Field Club - Profit and Loss

	Jan - Aug 31, 2016	Jan - Aug 31, 2015
<b>Income</b>		
Contributed support	0.00	0.00
Agency (government) grants	3,800.00	3,200.00
Business Donation/Contribution	5,000.00	0.00
Corporate/business grants	5,000.00	5,000.00
Donated use of facilities	3,000.00	3,000.00
Nonprofit organization grants	15,000.00	8,500.00
<b>Total Contributed support</b>	<b>31,800.00</b>	<b>19,700.00</b>
Program Revenue	0.00	0.00
Athlete fees for competitions	1,845.00	
Event Registration fees	10.00	925.00
Meet Organizing Revenue	5,253.00	7,766.00
Membership dues - Indoor	8,310.00	8,430.00
Membership Dues - Outdoor	12,365.00	15,400.48
Uniform Sales	1,475.00	922.00
<b>Total Program Revenue</b>	<b>29,258.00</b>	<b>33,443.48</b>
UNBSJ Varsity Athletics	0.00	0.00
UNBSJ - Athlete Fees	1,950.00	2,610.00
UNBSJ - Fund Raising & Sponsors	0.00	9,328.16
UNBSJ - Track Club Contribution	0.00	230.00
UNBSJ - University Funding	10,000.00	30,000.00
<b>Total UNBSJ Varsity Athletics</b>	<b>11,950.00</b>	<b>42,168.16</b>
<b>Total Income</b>	<b>73,008.00</b>	<b>95,311.64</b>
<b>Gross Profit</b>	<b>73,008.00</b>	<b>95,311.64</b>

## Saint John Track & Field Club - Profit and Loss

	Jan - Aug 31, 2016	Jan - Aug 31, 2015
<b>Expenses</b>		
Major program Expense - UNBSJ	0.00	0.00
UNBSJ Coaching Expense	4,062.72	5,731.20
UNBSJ Equipment & Uniforms	507.73	28,156.05
UNBSJ Facility Costs	5,572.68	4,029.25
UNBSJ Promotion & Recruiting	137.60	1,208.40
UNBSJ Registration Fees	3,786.51	11,008.29
UNBSJ Travel Expense	23,952.17	22,839.62
UNB - Meal Money not used	-570.00	-1,265.00
<b>Total UNBSJ Travel Expense</b>	<b>23,382.17</b>	<b>21,574.62</b>
<b>Total Major Program Expense - UNBSJ</b>	<b>37,449.41</b>	<b>71,707.81</b>
Organizational expenses	0.00	0.00
ANB Member Registration Fees	7,300.00	9,220.00
BBQ/Social & Award events	620.58	1,133.71
Coaching Expenses	1,500.00	3,171.83
Coaching Reg Fees & Training	245.52	0.00
Equipment Purchase/Maintenance	363.70	726.03
Event Organization Expenses	4,987.49	5,729.96
Facility Rental	2,034.00	-835.00
General Administrative Expense	2,298.99	2,247.44
HP Athlete Assistance	1,990.00	1,692.15
HP Athlete travel	2,999.76	0.00
Meet Registration Fees	46.00	0.00
Meetings and Travel Expense	137.64	0.00
Uniform Expenses	5,885.89	3,201.14
Web Site & Communications	0.00	62.15
<b>Total Organizational expenses</b>	<b>30,409.57</b>	<b>26,349.41</b>
<b>Total Expenses</b>	<b>67,858.98</b>	<b>98,057.22</b>
<b>Profit</b>	<b>5,149.02</b>	<b>2,745.58</b>

## **2016 Outdoor Season/Results – Jason Reindl**

### **SJTC Registered in ANB as of August 24<sup>th</sup> 2016 – 220 Members**

\*Note that some individuals are registered in multiple criteria

Coach – 12	Peewee – 68	Bantam – 25	Midget – 20
Youth – 19	Junior – 10	Senior – 23	Masters - 30

\*not sure where additional members came from per group (+19 more from this)

### **Summer Students**

Clayton Holteen and Julia Loparco were hired through ANB's summer student program. The club benefited immensely from having both of them in the mix. Additionally, Victoria LeBlanc was an honorarium coach for the summer working with the RJTW group, 12 challenges, and other events in SJ.

### **Event Hosting**

In the 2016 Outdoor Season SJTC (club, staff, senior athletes) hosted 9 track meets with formal results found on ANB website. Summer Students Clayton Holteen and Julia Loparco deserve a lot of credit for their roles in successful hosting. Additionally, another 10+ events were hosted such as, McDonalds Hockey Day, Home School Track Day, Boys and Girls Club, Multi-Cultural Camp, Local Middle School events. Alex Holder and senior club athletes did a great job of making things happen.

### **NB Team Championships – 3<sup>rd</sup> Place 47 pts**

### **Atlantic Team Championships – 2<sup>nd</sup> Place 515 pts**

### **Team NB Legion Team – 4 athletes & 2 Coaches**

Benjamin Dunn – 40<sup>th</sup> in the 100m & 39<sup>th</sup> in the 400m

Ryan Evans – 15<sup>th</sup> in the 110H, 11<sup>th</sup> in Javelin, 16<sup>th</sup> in 400H

Craig Thorne – 6<sup>th</sup> in 100H & Prov. Record an 10<sup>th</sup> in 200H

Marie-Pier Cloutier – 12<sup>th</sup> in the 100H

Head Coach – Sue Ellis-Loparco

Assistant Coach – Alex Coffin

### **Team NB Espoir Team – 7 athletes & 3 Staff**

Victoria LeBlanc – 3<sup>rd</sup> in 100m hurdles, 4<sup>th</sup> in 400m hurdles, 5<sup>th</sup> in LJ

Sarah Hickman – 9<sup>th</sup> in the 100m, 10<sup>th</sup> in the 200m

Nick MacMackin – 2<sup>nd</sup> in the 800m, 5<sup>th</sup> in the 1500m

Joshua Shanks – 2<sup>nd</sup> in the 5000m

Jacob Hayes – 13<sup>th</sup> in the 100m,

Brady Graves – 3<sup>rd</sup> in the 5000m

Kenneth McGovern – NA (injury at the meet)

Jason Reindl – Head Coach

Rachelle MacDonald – Manager

Bill MacMackin – Coach

## **2016 Outdoor Season/Results – Jason Reindl**

### **Canadian Junior/Senior Championships – 3 Athletes and 2 Coaches**

Victoria LeBlanc – 9<sup>th</sup> in the 400m Hurdles, 15<sup>th</sup> in the 100m hurdles  
Nick MacMackin – 18<sup>th</sup> in the 1500m, 15<sup>th</sup> in the 800m  
Brady Graves – 9<sup>th</sup> in the 1500m, 8<sup>th</sup> in the 5000m

### **Canadian Masters Championships**

Paul Gauthier – 1<sup>st</sup> Throws Pentathlon  
David Blackwood – 1<sup>st</sup> Pentathlon  
Imrich Kiraely – 2<sup>nd</sup> Throws Pentathlon

### **Provincial Records in 2016 Outdoor Season**

Craig Throne – Midget 100m Hurdles 14.80s  
Marie-Pier Cloutier – Youth 100m Hurdles 15.00s  
Victoria LeBlanc – Junior and U23 400m Hurdles 1:03.51s  
Adrienne Cameron – Masters 100m, LJ, Discus, Hammer,  
Erik Klein – Masters 10,000m,  
Dean Strawbridge – Masters 5000m,  
Alex Coffin – Masters 10,000m,  
David Jefferson – Masters Hammer,

### **National Rankings (Youth to Senior top 50 only)**

Brady Graves – Junior 5000m (13<sup>th</sup>), 1500m (24<sup>th</sup>)  
Victoria LeBlanc – Junior 400m Hurdles (19<sup>th</sup>), 100m Hurdles (27<sup>th</sup>)  
Ryan Evans – Youth 400m Hurdles (14<sup>th</sup>), Javelin (14<sup>th</sup>)  
Marie-Pier Cloutier – Youth 100m Hurdles (26<sup>th</sup>)  
Nick MacMackin – Senior 800m (33<sup>rd</sup>)

### **Additional dates/meets on the calendar/schedule include:**

Tuesday September 20<sup>th</sup> – JDI XC #1 (Reversing Falls)  
Wednesday October 5<sup>th</sup> – JDI XC #2 (Reversing Falls)  
Saturday October 15<sup>th</sup> – UNB/STU Invitational (Odell Park Fredericton)  
Sunday October 16<sup>th</sup> – ANB AGM in Oromocto  
Saturday November 26<sup>th</sup> – ANB Gagetown Invitational  
Saturday November 26<sup>th</sup> – AC Cross-Country Championships (Kingston, ON)  
Saturday December 17<sup>th</sup> – UdeM Last Chance

### **UNB Program**

Anticipating another large year for the program. Currently 70+ athletes are in the official athlete/coach communication Facebook group. Usually we see additional increases through the fall into December.

- Have applied for Funding through SJ Canada Games Foundation
- Been working with Bill and Luc throughout summer on the program (budget)
- Expenses are continually being looked at and trimmed whenever possible

## **2016 Outdoor Season/Results – Jason Reindl**

### **Responsible Coaching Movement**

<http://www.coach.ca/-s17179&language=en>

The Responsible Coaching Movement (RCM) is a multi-phase system-wide movement, coordinated by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport that has the potential to affect all sport organizations and coaches. The RCM is a call to action for organizations to implement realistic change based on their individual state of readiness.

Pledge: Our sport organization pledges to align our practices with Phase 1 of the Responsible Coaching Movement and is committed to ensuring that our athletes and coaches are protected.

- Rule of Two - Two people with a minor and protect adults from potentially vulnerable situations
- Background Screening – Utilizing criminal record checks
- Respect and Ethics Training – Our coaches have taken part in the Making Ethical Decisions Module of the National Coaches Certification Program.

### **CSCA Training Group – Saint John**

- 5 athletes joined the program (Victoria LeBlanc, Marie-Pier Cloutier, Ryan Evans, Dan Brown, Kenneth McGovern)
- Athletes had to pay a tiered commitment fee based off their 2016 outdoor season performances.
- CSCA support through mental skills, nutrition, and strength and conditioning will occur for this group at a value of \$5700 for these services.
- CSCA and GNB support includes \$10,000 towards training and competition.
- Winter training camp (December 20 to January 4<sup>th</sup>) is being planned for with these athletes. A camp fee is required. Location IMG Academy in Bradenton (Sarasota), Florida.

### **Updates on Jason**

- Received a Graduate Certificate in HP Coaching and Technical Leadership from UBC with a total average of 95.3%
- Started 2<sup>nd</sup> Year of Masters in High Performance Coaching and Technical Leadership. Was in Vancouver from August 27 to September 3<sup>rd</sup>.
- Presenting on September 21<sup>st</sup> at qplex for Coach NB. Topic - Communication between Coach, Athlete, Parent, and Official
- Presenting on September 24<sup>th</sup> in Moncton for Coach NB. Topic – From Classroom to Sideline.
- Heading to National Sport Leadership Conference November 2-6 in Vancouver, BC with funding from Coach NB as part of aboriginal apprentice coach program, which I act as a mentor for.
- Presenting for Athletics Canada & Saskatchewan Athletics for the NCCP Performance Analysis course November 11-13 in Saskatoon.

## **RJTW & First Contact Report – Alex Holder**

### Events & Outreach:

- Homeschool Track & Field day with roughly 200 participants
- Canada Day demo sessions at the Rothesay Commons & Quispamsis qplex
- RJTW Olympic Day for Boys & Girls Club of SJ – roughly 200 participants
- RJTW Provincial Meet in Moncton & Atlantics in Saint John
- Clinics at both Rothesay Park Playground and Wells Playground
- Espoir Championships in Moncton
- UNBSJ Multi-Cultural Camp
- Outreach clinic for Speed Skating Camp in Fredericton with Jason
- Meeting with Greg Evans & Bill on potential for para-program
- Fall Fair One Miler at Exhibition Park
- Fall Throws Meet at UNBSJ

### Coaching & Training:

- Coaching RJTW XC Group for the club with Rachelle
- Evaluated 6 RJTW Instructors from ASEA
- Trained 4 summer camp staff in addition to 29 new teachers as RJTW Instructors (French)

### General:

- Inputting numbers from summer first contact activities to Athletics Canada
- Go NB Grant Application to help fund Director of RJTW position over the next 2 years
- Developed fall cross country program for younger SJTC group
- Working on Go NB Grant Application for SJTC Para-Program & developing plan
- RJTW National Conference Call

### Upcoming:

- RJTW Instructor Workshop in November (Fredericton)
- SJEC Cross Country meets on September 15 & 22 at Rockwood Park
- Fun Run event with Gen Lalonde in Moncton
- Meeting with Youth Program Director of Moncton YMCA
- Touching base again with FitKids After School Staff in Fredericton
- Meeting with RHS Teacher to discuss Leadership Class opportunities (Second Term)
- Leo Hayes High School clinics – Wellness Class & PE Classes (3 periods)
- JDI XC Meets in Saint John (2 events)

### Numbers:

- RJTW Instructors since November 2015 – 103
- Certified RJTW Instructors since November 2015 – 7\*
- Youth involved in RJTW & First Contact (approximately) – 18,800

**SJTC Para Program - RJTW Adaptations – Alex Holder**

This is meant to serve as a general program outline/activity guide to allow RJTW Instructors to prepare in advance for each session. By agreeing on the program elements to be completed each week it will allow all instructors to come more prepared for sessions. As with any plan, it is meant to merely act as a guide and may require adjustments based on attendance, ability, etc. Please note that every session should begin with a warm up and conclude with a cool down.

Session	Activity
# 1	<p>Locomotion</p> <ul style="list-style-type: none"> <li>▪ Include wheeling as a locomotion from one location the next. Explore the relationship between the locomotion of wheeling and wheelchair basketball, tennis, hockey, etc.</li> <li>▪ Wheel about slowly, changing direction often.</li> <li>▪ Modified flexibility and endurance activities such as seated body rotations</li> <li>▪ Proper form and technique (head position, arm action and hand position)</li> </ul>
# 2	<p>Technique &amp; Starts &amp; Locomotion</p> <ul style="list-style-type: none"> <li>▪ Review wheeling technique. Full follow through with arms.</li> <li>▪ Substitute skipping A's for a stop/start wheeling drill (slow &amp; relaxed)</li> <li>▪ Turn on the spot twice and wheel as fast as possible for sprints</li> <li>▪ Starts – first command, wheel forward and place front tire before line; second command, forward lean with hands placed high on wheels; final command, begin with short fast pushes and progress to longer, stronger pushes.</li> </ul>
# 3	<p>Sprints &amp; Fitness</p> <ul style="list-style-type: none"> <li>▪ 25-50m max speed sprints depending on space and ability. Focus on “sprint ladder”</li> <li>▪ Wheel around oval (include relays, varying speeds, etc.). Set markers so athlete must come to a complete stop at certain areas and start back up again.</li> <li>▪ Review Starts – practice maximum effort on “Go!” command (10m starts)</li> </ul>
# 4	<p>Agility</p> <ul style="list-style-type: none"> <li>▪ Weaving through cones (zig zag formation). Focus on “fast hands” instead of fast feet.</li> <li>▪ Wheel backwards for 10m – use grab and pull arm action instead of push action</li> <li>▪ Set up cones 30m apart – have athletes push forwards 3 times, pull back once and repeat</li> <li>▪ Backwards starts – turn either to the left or right on “Go!” command</li> <li>▪ Start Wheel game (similar to duck duck goose)</li> </ul>
# 5	<p>Sprints &amp; Locomotion</p> <ul style="list-style-type: none"> <li>▪ Mix up the starts for all activities (backwards, perform 360, etc.)</li> <li>▪ Set up cones at varying distances. Athletes must travel in order from one cone to the next. Work on wheel strokes, timing, distance, power, etc.</li> <li>▪ Cone relay – athletes weave between cones and wheel back to their team as fast as possible.</li> <li>▪ Hurdle for Gold – replace wickets with cones for athletes to weave through</li> </ul>
# 6	<p>Fitness &amp; Baton Exchange</p> <ul style="list-style-type: none"> <li>▪ Human Chain – have athletes line up side by side. One athlete at the end of the line gets a ball. They must pass the ball to the side and then wheel to the front of the line. Repeat.</li> <li>▪ Work on relay techniques. Wheel towards partner, tap them on the shoulder upon arrival.</li> <li>▪ Progress up to working with baton depending on abilities</li> <li>▪ Obstacle course – weaving, backwards, pivots, over smaller mats, etc.</li> </ul>

# 7	<p>Relays &amp; Exchanges</p> <ul style="list-style-type: none"> <li>▪ Backman Drill – arrange group in a line and begin a slow pace together. Instructor calls out “Backman” and the last person wheels to the front while the group maintains a slow pace.</li> <li>▪ Set up cones in a figure 8 design for athletes to wheel around (pivoting, turning, technique)</li> <li>▪ Review passing technique – use of batons or shoulder taps. Athletes should be in a glide phase when passing the baton. Perform continuous relays around an oval.</li> </ul>
# 8	<p>Training Circuit</p> <ul style="list-style-type: none"> <li>▪ Set up various stations in the facility with exercises/activities that the athletes must complete for a set amount of time, or certain number of reps. Push body up off seat, lateral arm raises w/dumbbells, wheeling laps, 360 spins, gliding, wheeling sprint, ball pushes, etc.</li> <li>▪ Junk Relay – spread equipment out all over the facility. Divide groups into teams. Teams must work to collect as much junk as possible before the time runs out and return it to their hula hoop. Team with the most objects is the winner.</li> </ul>
# 9	<p>Gliding</p> <ul style="list-style-type: none"> <li>▪ Set up cones at different distances. Have athletes perform glides from one cone to the next and work on power/timing.</li> <li>▪ Challenge the group to see who can move further with one single glide.</li> <li>▪ Athletes must glide to a marker with as few glides as possible – come to a complete stop and perform a complete pivot with one arm. Repeat and alternate pivoting arms.</li> <li>▪ 5 point glide – athletes have 5 pushes and then one final push for a glide</li> <li>▪ 90 degree Glides – have athletes wheel just before a bench, push hard to glide parallel to the bench and continue forwards, repeat.</li> </ul>
# 10	<p>Exploring Throws</p> <ul style="list-style-type: none"> <li>▪ Give all athletes bean bags. Instruct them to toss it in the air and catch it with the same hand. Then have them try throwing with one arm and catching with the opposite.</li> <li>▪ Form groups a few meters apart from the wall. The first person throws the ball underhand at the wall. Repeat with two hand overhand, sideways fling, pushing from shoulder, overhand throw, etc.). Have athletes use both strong and weak arms.</li> <li>▪ Throw for accuracy afterwards; place marker on wall, athletes must hit with certain throw.</li> <li>▪ Roller Derby Relay – line up two groups across from each other with a line in the middle. Roll a larger ball down the middle line and have the athletes attempt to throw their bean bags at it. Vary the speed, change the size of the ball, award points, etc.</li> </ul>
# 11	<p>Shot Put</p> <ul style="list-style-type: none"> <li>▪ Bean bag tosses at wall with both arms. Introduce pushing skill while athletes are angled to the wall.</li> <li>▪ Introduce weighted balls as needed. Same technique as standing, only seated now.</li> <li>▪ Work on hitting targets, getting height, changing distance, etc.</li> <li>▪ Divide into teams and set up hula hoops in front of each line. First hoops is worth 1 point, second is worth 2, etc. First team to a set number of points or whoever has the most before time expires.</li> </ul>
# 12	<p>Discus</p> <ul style="list-style-type: none"> <li>▪ Introduce flinging technique once again. Practice with small hoops, rings, bean bags, etc.</li> <li>▪ Practice from different stances, slightly crouched, leaning back, tilting sideways, etc.</li> <li>▪ Flying saucer drill – teams compete to fling hoop over pylons.</li> </ul>
# 13	<p>Javelin</p> <ul style="list-style-type: none"> <li>▪ Bean bag tosses at wall. Introduce T formation and angle athletes (similar to shotput).</li> <li>▪ Progress to turbo javelins as needed. Introduce the grip and flinging action for some athletes. Any trunk rotation is helpful if possible.</li> <li>▪ Javelin on a rope to master technique. Point game with hoops similar to shot put.</li> </ul>