Welcome to 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 have about our programs and training philosophy.

What are the club's main goals?

- Encourage and foster participation 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

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+

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

Who are the coaches and what training do they have?

- Our coaches are volunteer parents and/or teachers who are often runners or past athletes in the sport
- The coaches have training in various programs including Run Jump Throw (RJT) and National Coaching levels from 1-3

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

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) will not require additional training, especially if they are involved in other sports.
- 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 at 847-0610 or SaintJohnTrack@yahoo.ca (Bill MacMackin)

SJTC Track & Field Programming Model

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 away 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.

Program/Ages	**Description & Objectives**	**Competition?**
Run Jump Throw Ages: 8-11 years	**Fundamentals** 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.	**Competition is supported & encouraged if youth show interest.** Running events would be limited to shorter distances, some jumps and throws are not available for younger children.
Junior Development Ages: 11-15 years	**Learning to Train** - 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	**Competition is strongly encouraged to test the skills learned & to measure personal improvement.** Personal goals should focus on improvement and skill development. Personal progress is emphasized over winning and record setting.
Senior Ages: 16 and up	**Learning to Train & Training to Compete** - 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 focus on track & field during outdoor season - Focused training for peak performance during main competitive season	**Competition is expected as a way to measure personal progress and to achieve individual goals.** At this age 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.