

Athletics Manitoba's Jr. Development - Winter-Summer 2012

The Junior Development program is a provincially focused operation run by Athletics Manitoba. The program will target a wide range of ages with varying experience and skill levels.

Age ranges are 10 – 16 years of age, both males & females.

The 2012 program will be limited to the first 25 registrants.

This program seeks to reach athletes that have an interest in track and field but feel that regular training sessions or club based programming are too time consuming or demanding. A wide variety of events areas will be taught with a focus on essential skill development for future success. The program will focus on LTAD model guidelines of teaching skills and movement patterns that are applicable to athlete development age. These skills will be based on previous event experiences and physical maturation, not focusing heavily on chronological age.

The Junior Development program is run under the supervision of the Athletics Manitoba provincial coach, Sean Baynton and Program Manager, Chris Belof. Athletics Manitoba has identified several goals for this program:

- To provide an introduction to a training environment that is focused on having fun and learning a variety of fundamental movement skills and abilities through track and field events & activities.
- To provide instruction and coaching within an athletics specific environment that is grounded in Long Term Athlete Development principles and progressions based on developmental rather than chronological age.
- To provide athletes, coaches and parents of school or community based programs continued mentorship and cooperation with the partnership of Athletics Manitoba in the talent identification and development of athletes.
- To provide school or community based athletes an opportunity to learn about and prepare for selection to an Athletics Manitoba provincial team competitive opportunity.
- The winter 2012 Jr. Development will build upon skills that the athlete has already developed, specifically building on more technical and advanced steps previously started in the fall 2011 program.
- The winter 2012 Jr. Development program will start to introduce the athletes to competition in a low stress and developmental way.

When:

- Saturday from 12pm-1:30pm

Where:

- University of Manitoba Max Bell Indoor Track & Fieldhouse
- Pan Am Stadium at the University of Manitoba Outdoor Track

Cost:

- \$200 for new athletes January - July, \$100 for returning athletes January-July
- \$100 for new athletes January -March, \$65 for returning athletes January-March

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