



2012-2013 Athletics Manitoba Junior Development Program

The Junior Development program is a provincially focused operation run by Athletics Manitoba. The program will be targeted at a wide range of ages with varying experience and skill levels; age ranges are 10 years – 16 years of age, both males & females. The program will have limited registrations. This program seeks to reach and introduce 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 Grassroots and Competition Manager, Adam Penner. The goals of the 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.

When:

- Six Sessions prior to Christmas beginning October 27.
- Six Sessions after Christmas beginning January 12.
- 1:00 – 2:00 pm

Where:

- University of Manitoba Max Bell Indoor Track & Field

Cost:

- \$200 per Athlete for the entire 12-week program that includes Athletics Manitoba individual membership fee that allows athletes to compete in all Athletics Manitoba sanctioned events (details will be given to athletes prior to events). Limit of 20 athletes.

Junior Development II

For those athletes who have already trained within the Junior Development program or in school programs and wish to focus on discipline specific training can sign up for this program. If there is sufficient interest (15 per session) a second option of a Wednesday evening training session will be added (both programs would be the same each week).

When:

- Six Sessions prior to Christmas beginning October 27.
- Six Sessions after Christmas beginning January 12.
- 11:00 am – 12:30 pm

Where:

- University of Manitoba Max Bell Indoor Track & Field

Cost:

- \$200 per Athlete for the entire 12-week program that includes Athletics Manitoba individual membership fee that allows athletes to compete in all Athletics Manitoba sanctioned events (details will be given to athletes prior to events). Limit of 15 athletes.

Contact: Adam Penner at adam.penner@shaw.ca or at Athletics Manitoba 204.925-5743



**2012-2013 Junior Development Program
APPLICATION**

Choice of Program:

Junior Development

Junior Development II Wednesdays

Junior Development II Saturdays

Athlete: _____
First Name Last Name

Gender: Male Female

Date of Birth: ____/____/____
Day Month Year

Address: _____ City/Town: _____

Postal Code: _____ Home Phone: _____

Parent Email(s): _____

Parent Cell Phone(s): _____
Father's Cell Mother's Cell

School Athlete Attends: _____

Please indicate if there are any medical issues that coaches should be aware of: _____

Emergency phone number: _____ Relationship to Athlete: _____

Cheques made payable to Athletics Manitoba

Completed forms and payment submitted to:

Athletics Manitoba
Attention: Adam Penner
145 Pacific Ave
Winnipeg, MB
R3B 2Z6