



## Miramichi Track and Field Club

There is a local group of Track and Field enthusiasts working to organize a Miramichi Track and Field club. The initial event organized is a **Run, Jump, Throw coaching session** being offered on *Monday, May 12th at MVHS from 6:30-9pm*. This will be *free of charge* and beneficial for any teachers, parents, or coaches interested in helping out in some way with this club. This session is usually a two-day course, and runs up to \$100, so this is a great opportunity. If you are interested in attending this session, please contact Tammy Stewart at [tammy.stewart@nbed.nb.ca](mailto:tammy.stewart@nbed.nb.ca)

Following this, we are planning to run a **Run, Jump, Throw 12 Challenge Series**. For this series, *youth aged 5 to 12* are invited to participate in *4 evenings of 12 Challenges*, which are planned for *Mondays - May 19, 26, June 2 and 9<sup>th</sup> at the James M Hill track in Miramichi*. Three different track and field events are scheduled every week for a total of 12 events (hence the name of the program). The instructors will be trained Run, Jump, Throw instructors.

Categories will be :

Kindergarten to grade 2 students – 6:00 PM to 6:50 PM

Grade 3 to grade 6 students – 7:00 PM to 7:50 PM

Registration fee will be \$25 and will be done online on <http://www.trackiereg.ca>

For more information, contact: [tammy.stewart@nbed.nb.ca](mailto:tammy.stewart@nbed.nb.ca)



### What is Run Jump Throw?

- A fun and active learning environment
- Individual improvement and positive reinforcement
- Developing the skills of running, jumping and throwing in age appropriate progressions
- Improvement in physical and emotional well-being
- Safe instruction

For more details, check out their website: <http://www.athletics.ca/page.asp?id=64>