



PRE-SEASON REGISTRATION / OPEN HOUSE

DATE: Sunday, April 1st/07
TIME: 9am-3pm
LOCATION: Minoru Park Complex - Clements Track
Granville Avenue & Minoru Blvd, Richmond, BC

SCHEDULE OF EVENTS

9:00 - 9:30 Registration
9:45 - 10:00 Introductions & Welcome
10:00 - 10:30 Warm Up / Stretching for those wishing to participate
10:30 - 11:00 Medicine Ball Drills
11:00 - 11:45 Complimentary Refreshments served – Concession Area
12:00 - 3:00 Group clinics and event demos
🏹 Throws, sprints & hurdles, distance runs, jumps

At this event you will have the opportunity to learn about both Kajaks and track & field. All ages are invited to attend. There are 5 categories of membership and Kajaks offers a full range of coaching and events for all categories.

- 🏹 Junior Development for ages 9 to 15
- 🏹 Juvenile for ages 16 and 17
- 🏹 Junior for ages 18 and 19
- 🏹 Senior for ages 20 to 35
- 🏹 Masters for ages 35 and over

Throughout this event you will have the opportunity to meet and train with our highly experienced coaching staff. You will also get to meet several of our athletes who hold many Track & Field records and who have competed at many National & International events.

All participants will receive complimentary refreshments from the Concession during the lunch break. For those wishing to participate in an event, there is a \$3 BC Athletics fee which covers insurance and liability. This fee is not required if you are already a 2007 member of BC Athletics or if you are registering to be a member of Kajaks at this event.

This is a family event you don't want to miss. Track season is coming up fast upon us. Kajaks 1st High School Meet is on April 26th and the 1st Elementary Zone Meet is on May 2nd. Next year, in 2008, the Summer Olympics will be held in Beijing, China.

For more information or to obtain pre-registration forms please visit our website at www.kajaks.org or contact the Club Manager at 604-241-9094 or by fax at 604-241-9044.