



Build a foundation for success in all sports and physical activities

Track Rascals program for ages 6 – 8

based on Athletics Canada's Run, Jump, Throw

presented by Kajaks Track & Field Club,

Richmond's No. 1 multi-generational community track and field club

Track Rascals utilizing run, jump, throw is exciting, fun, and supportive!

- Kids participate in a range of track and field activities related to hurdles, sprints, high jump, long jump, javelin and shot put – all in a developmental, age-appropriate format
- Young athletes practice coordination, skills, and confidence which will **strengthen their participation in all sports and physical activities**
- No timing, no measuring – everyone progresses as they're able.
- Become part of Kajak's TRACK RASCALS program
- Two NCCP certified coaches lead a maximum group of 10 participants.



April 19 to May 26, 2010 Mondays & Wednesdays

6:45 to 7:30, Minoru Track, Richmond, B.C.

\$60.00 fee includes 11 sessions, BC Athletics membership

Track Rascals t-shirt & participation certificate upon completion

Please register and pay by April 16th, 2010. Enrollment limited to 10

Registration: 604-241-9094 Fax 604 241-9044

www.kajaks.org



KAJAKS 50 years of track and field in 2011