



June 7<sup>th</sup>, 2010

Dear partners, parents and athletes,

You are invited to take part in the Run Jump Throw/Hershey's demonstration taking place during the Canadian Track and Field Championships on July 30<sup>th</sup>, 2010.

The Run Jump Throw/Hershey's demonstration will begin at 12pm at Varsity Centre at the University of Toronto. Parents and children will have the opportunity to participate in Run Jump Throw and Hershey's activities on the track with national team athletes. At this time triple World Championship medalist Perdita Felicien has been confirmed for the event.

Run Jump Throw (RJT) is Athletics Canada's official grassroots program for children and youth. RJT develops basic motor skills such as running, jumping and throwing in children ages 7 through 12. The program is designed to give children a strong background in sport skills that will not only serve them well in the sport of track and field, but also build an effective skill set that will serve them well in other sports and throughout their lives.

For over 30 years, HERSHEY'S Track and Field Games have been putting fun into fitness for kids, and it's now the largest youth sports program of its kind in North America. The goal of HERSHEY'S Track and Field Games is to introduce children to physical fitness through the basic track and field events of running, jumping and throwing. The program also strives to encourage children to reach their potential and develop a sense of accomplishment.

This session will combine some of the best aspects of both programs; a group warm up followed by 2-3 short lessons finishing with some fun, friendly, relay-style competitions opportunities on the big track.

Upon completion of the clinic activities participants will be invited to watch the afternoon track and field sessions.

(To view the full meet schedule - <http://www.athletics.ca/toronto2010/main.asp?id=461>)

Each participating child will receive an Athletics Canada Run Jump Throw T-shirt and national team athlete RJT tip cards. Please note that participation in this event is capped, registration will be accepted on a first come, first served basis. The registration process and important event information is outlined on the following page.

Presented by:



### How can I register?

Please forward your name, email and phone number as well as your child's name, age and t-shirt size to Alanna Boudreau, Officials and Development Programs Coordinator, Athletics Canada.

Email > [aboudreau@athletics.ca](mailto:aboudreau@athletics.ca)

Phone > 1-204-489-7606

**The registration deadline is July 14<sup>th</sup>.** Keep in mind we have limited spots and it's on a first come first serve basis. Please note that we will do our best to outfit children in a properly sized t-shirt, but that we do not guarantee that the size requested will be available.

### What type of equipment does my child need?

Most importantly, **dress for the weather!** Apart from that, your child will require running shoes and a water bottle with their name on it. We request that all children wear dark colored shorts or pants (navy or black). Their clothing should allow them to move easily (shorts, t-shirt or sweats). Please ensure that your child is not wearing jeans.



### Where do I drop my child off? When?

Check in begins at 11:15am at the University of Toronto's Varsity Centre. (Bloor St and Devonshire Place) We will have a table set up for check in under the grandstand near the main gates at the 299 Bloor St W entrance. Please be sure to **arrive no later than 11:30am** so we can get everyone set up and start on time. **We also request that all parents accompany their children to check-in!** The clinic activities will be completed by 1:30pm, with Canadian Championship competition resuming at 2pm.

**Note:** There is no free parking or street parking in the immediate area. Please use city parking lots or the subway station nearby. (There is a Tim Horton's directly across the street for those parents who may be interested!)

### Can I stay and watch?

Yes, please do! Parents are invited to stay and witness the demonstration and to watch the events on the track after.

Please do not hesitate to contact me with any questions and concerns.

Alanna Boudreau  
Coordinator, Officials and Development Programs  
Athletics Canada

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