

# NEWS FOR ATHLETICS CANADA

This first edition of Athletics Canada's *Grassroots News* will take a look back at our development program highlights from the past year.

Future editions will be distributed quarterly and will feature articles and updates from across the country.

**If you have a story, event or program information you'd like to see featured in the next *Grassroots News*, please contact Alanna Boudreau at [aboudreau@athletics.ca](mailto:aboudreau@athletics.ca)**



1st Edition, October 2010

## Run Jump Throw in Doha, Qatar. December 2009

In December 2009 Athletics Canada was invited to be a part of an exciting initiative with the Coaches Association of Canada (CAC). Their Canadian women in coaching program **“We are Coaches”** was being brought to Qatar as a result of a partnership with the Qatar Olympic Committee and the Qatar Women’s Sport Committee. The project is an ongoing initiative to help develop a sport system for women and girls in Qatar and they wanted to include Run Jump Throw as the **introduction to track and field. This was Run Jump Throw’s second foray into** international development opportunities and was extremely well received. Almost 30 women participated in the week long program, which focused on developing beginner level technical expertise and coaching knowledge in both Basketball and Track and Field. The initiative was led by Guylaine Demers, PhD, who has been a professor at the Department of Physical Education of Laval University since September 2001. She is the director of the Bachelor program in Sport Intervention, undergraduate competency-based coach education. In 2007, she was named one of the most influential women in sport and physical activity in Canada.



2006 Asian Games  
Mascot and Torch  
Bearer



Qatar Women’s Sport Committee Building

Teacher Training  
Rankin Inlet, Nunavut  
February 2010



Inukshuk

Run Jump Throw had the pleasure to be included as part of a professional development week for teachers in Rankin Inlet. 9 teachers participated in the course.



Rankin Inlet Airport

Run Jump Throw in Tegucigalpa, Honduras  
May 2010

What started off as an interest in Run Jump Throw equipment bags resulted in a third international opportunity for RJT. The Honduran National Athletics Federation (FENHATLE) is mostly a volunteer driven organization and was looking to provide resources and education for some of its youth coaches in order to further develop their grassroots programming. So with the approval and some assistance from NACAC they hosted the first ever RJT Instructor training session in Central America! Approximately 20 youth athletics coaches were in attendance and the event was extremely well received!



National Outdoor Track and Field Facility



Course participants getting ready for practical teaching

# IAAF World Junior Championships—Moncton, NB July 2010

## Women's 3000m race

As part of the IAAF World Junior Track and Field Championships, the city of Moncton hosted a 3-day multi-cultural festival in Downtown Moncton from July 22-24. Mosaïq: Celebrating Our World was meant to honour the differences that unite our world—through a variety of art forms, sporting activities and more.



We were thrilled when the City of Moncton requested that we set up a Run Jump Throw tent and be a major part of the festivities. 5 different stations were set up with local RJT Instructors and City of Moncton volunteers helping the kids through each event.

Other activities included a picture station, an interactive Track and Field trivia game, daily prize draws, general program information, as well as links to ongoing local RJT programs for parents.



RJT tent and photo displays

RJT Throw on a Rope in action



Display boards



Signage

Canadian Track and Field Championships  
RJT Demo - Toronto, ON  
July 2010

2010 marked the 5th year for the Run Jump Throw demonstration at the Canadian Championships and this year National Team athletes Jessica Zelinka and Perdita Felicien stepped up to volunteer. Their help, along with a great team of local Run Jump Throw instructors truly helped make **this year's event one of the best ever.**



Practicing Shot Put



Working together and learning how to be a guide runner.

In order to demonstrate the true inclusiveness of the program we recruited some extra volunteer power from the Ontario Blind Sport Association, Active Living Alliance for Canadians with a Disability and the Ontario Wheelchair Sports Association.

We now look forward to next year and the 2011 Canadian Championships in Calgary!





Mascot race

## 2010 Hershey's Track and Field Games

North American Final

August 2010

51 Canadian athletes made the trip to this year's North American Final in Hershey, Pennsylvania and a big congratulations goes out to everyone for making this year one of the most successful ever for Team Canada!

A special shout out goes to the members of the Region 1 girls 13-14 4x100m relay team from Ontario, the Region 5 girls 13-14 4x100m relay team from Manitoba, and the Region 1 boys 13-14 4x100m relay team also from Ontario; for finishing 1st, 3rd and 2nd respectively.



Team Ontario  
Flag Bearer



Canadian athletes and chaperones pose for group shot after the competition

# GRASSROOTS NEWS



The next issue of *Grassroots News* is scheduled for January 25th, 2011. Please send any articles, pictures and event details to Alanna Boudreau - [aboudreau@athletics.ca](mailto:aboudreau@athletics.ca) prior to January 15, 2011.

