



## Run Jump Throw and The Hershey Track and Field Games

*Run Jump Throw = developing the skills of running, jumping and throwing in age appropriate sequential progressions and improving physical and emotional well-being.*

*Hershey Track and Field Games = introducing physical fitness through the basics of running, jumping and throwing, while encouraging youth to reach their potential and achieve a sense of accomplishment.*

By partnering these two developmental programs all across the country, we've not only created opportunities for youth to learn the basics of track and field in fun, inclusive and inter-active environments but also provided them with competitive opportunities to try out those new skills.

The two programs are extremely complimentary and by encouraging Run Jump Throw instructors to organize Hershey meets, and Hershey organizers to become Run Jump Throw instructors, we can continue to grow both programs and ensure we are providing our youth with all the opportunities they deserve.

There are many different ways to integrate and combine the two programs. For more information about upcoming RJT and Hershey opportunities please contact your provincial branch.

