



SASKATCHEWAN ATHLETICS CLINICS

GRASSROOTS (RUN JUMP THROW WHEEL, GRADE 2-6)

Run Jump Throw Wheel (RJTW), the grassroots development program for our sport, is designed to introduce children ages 7-12 to the **FUNDamentals** of running, jumping, and throwing skills using age appropriate sequential progressions. RJTW builds physical literacy transferable to other sports and activities, and promotes a fun, safe, and active learning environment for children. Each RJTW lesson is generally 30-45 minutes for an average group size of 30 children; can be held indoors or outdoors; and equipment is provided (RJTW bag). RJTW can also be adapted for children with special needs. Two clinicians are recommended to conduct a successful RJTW clinic.

MIDDLE YEARS (GRADE 7-8) / HIGH SCHOOL (GRADE 9-12)

These clinics are designed for the developmental athlete wishing to gain knowledge in specific event areas. Saskatchewan Athletics' clinicians are experienced and prepared to teach and demonstrate the necessary skills across event areas including sprints/hurdles/relays, jumps (high jump, long jump, triple jump), throws (shot put, discus, javelin), and distance. Event areas of choice are covered within half or full-day clinic structure and often having repeat clinics is ideal. In addition, one specific event area can be booked to suit your individual needs. Three clinicians are recommended for this type of clinic. Clinics can be held indoors or outdoors.

FEE STRUCTURE

	ONE-TIME OR FIRST CLINIC IN A SERIES		REPEAT CLINICS	
	HALF-DAY (Up to 4 hours)	FULL-DAY	HALF-DAY	FULL-DAY
1 Clinicians	\$122.00	\$200.00	\$75.00	\$150.00
2 Clinicians	\$177.00	\$300.00	\$125.00	\$250.00
3 Clinicians	\$202.00	\$350.00	\$150.00	\$300.00
4 Clinicians	\$227.00	\$400.00	\$175.00	\$350.00

Note: *The attached Club Form must be completed and returned along with payment (<http://saskathletics.ca/images/pdfs/clubform.pdf>)*

AVAILABILITY

Clinics may be requested at any time subject to clinician availability. To book your clinic today with Saskatchewan Athletics, contact:

For Grassroots clinics contact: Sarah Junkin (Run Jump Throw Wheel Coordinator) at (306) 664-6744 or rjtww@saskathletics.ca

For Middle/High School clinics contact: Jill George (Program Coordinator) at (306) 664-6744 or programs@saskathletics.ca