



## BOOK A TRACK & FIELD SKILLS CLINIC TODAY!

### 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 indoor or outdoors; and equipment is provided (RJTW bag). RJTW can also be adapted for children with special needs. At least two instructors 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 athletes 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, vertical & horizontal jumps, javelin, shot put, discus and distance running. Instruction can be covered in a half day format (under 4 hours) or full day format (4 hours or more). Clinics can be booked for a one-time visit or repeat visits and can be held indoors or outdoors. The number of instructors depends on events areas requested and number of students (large number of students = more instructors, more events areas = more instructors).

### FEE STRUCTURE

	2026 CLINIC COSTS (ALL INCLUSIVE)	
	HALF-DAY (Less than 4 hours)	FULL DAY (4 Hours +)
1 Instructor	\$200.00	\$250.00
2 Instructors	\$275.00	\$350.00
3 Instructors	\$300.00	\$400.00
4 Instructors	\$325.00	\$450.00

### HOW TO BOOK A CLINIC

To book a clinic please fill out the online clinic booking form.

Link to online booking form: <https://forms.gle/2Ea8U5vMURpK2Uyr6>

Clinics are booked on a first come, first served basis. Clinics requested are subject to instructor availability. To book your clinic please submit the online booking form at least three weeks in advance of the requested clinic date to ensure instructor availability. Due to high demand for clinics in April and May, booking requests for April and May 2026 that are received after March 31 2026 may not be accepted.

### For more information on clinics contact:

Jared Welsh – Program Coordinator

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