

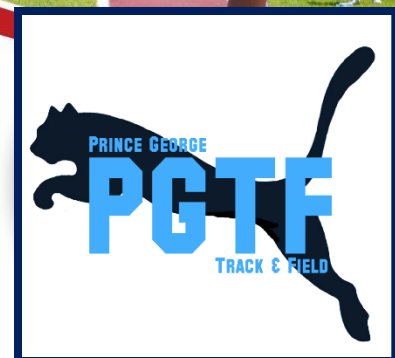


# Indoor Track Training

@ NORTHERN SPORTS CENTRE INDOOR TRACK & WEIGHT ROOM

13 + years old

(Junior Development U14-2011, U16, U18, U20, Seniors, Masters)



Our Indoor training program runs 3 days per week from January to March at the Northern Sports Centre and PGSS. It is open to senior athletes turning 13 and older (2011 and before) who are seeking to improve their speed, power, and overall fitness level. Space is limited.

**DATES:** Tuesday January 9, 2024 to Thursday March 14, 2024

**PRACTICE TIMES:** Tuesdays & Thursdays – 5:00pm – 7:00pm  
(5-6pm weight room; 6-7pm track)

**PLEASE NOTE:** January 9 & 11 are track only times 6 to 7 pm  
Weight room training begins January 16th.

**COST:** \$200 (Plus BC Athletics fee) **Note: athletes only pay the BC Athletics membership once per year.**

## NSC TRACK USE POLICY

- No siblings, parents or spectators permitted in the weight room or on the track during sessions.
- Club has use of one lane, two sprint lanes and use of stretching areas on third level.
- Indoor shoes and appropriate fitness clothing only permitted.
- All drinks must be in a sealed container.
- Food or gum is not permitted in the facilities.
- Inside lane is for walkers; Middle lane is for joggers; Outside lane is for runners.
- Single file only when jogging or running on the track.
- All machines and equipment must be cleaned after each use with the provided cloths and spray.
- To mitigate any possible 'collisions', no stopping on track to observe activities below.

Sport Canada has recommended that all youth sports organizations adapt the Long-Term Athlete Development (LTAD) model to the youth programs in their sport. This is something that the PGTF Club fully endorses. We encourage parents to watch and be involved.

**For LTAD check out:** <http://www.bcatletics.org/main/ltad.htm>

**QUESTIONS:** Email us at [princegeorgetrackandfield@gmail.com](mailto:princegeorgetrackandfield@gmail.com)  
or go to our website: <http://www.pgtrackandfield.ca/>

**Registration information:** Go to this link:

<https://athleticsreg.ca/#/events/prince-george-track-field-club-2024>

**Think Fast  
Be Strong**  
[www.pgtrackandfield.ca](http://www.pgtrackandfield.ca)