



INDOOR TRAINING 2025

@ NORTHERN SPORTS CENTRE INDOOR TRACK

13 + years old to Masters

Our Indoor training program runs 2 days per week from January to March at the Northern Sports Centre. It is open to senior athletes turning 13 and older (in 2025) who are seeking to improve their speed, power, and overall fitness level. Space is limited.



DATES: Monday January 6, 2025 to Wednesday March 12, 2025

PRACTICE TIMES: Mondays & Wednesdays – 6:00pm – 8:00pm

PLEASE NOTE: Feb 17th is Family Day, and there will be no track session that day.

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 or go to our website at: <http://www.pgtrackandfield.ca/>

Registration information: Go to this link:
<https://athleticsreg.ca/#!/events/prince-george-track-field-club-2025>

Think Fast
Be Strong
www.pgtrackandfield.ca