



The focus of the Cheetahs program is to introduce athletes between the ages of 6 and 12 to the sport of track and field while at the same time developing fundamentals of the sport and a general foundational level of fitness that will benefit these young athletes in all aspects of their lives.

Each practice athletes will spend time building fitness and strength for their running events and practicing technique for their field events. Several competitions will be highlighted during the season. Towards the beginning of a season emphasis will be more on the fitness and conditioning aspect of track and as competitions draw nearer an emphasis on technique. There are many different approaches taken to each practice with very little repetition, keeping young athletes interested.

The Cheetah Program is run in three distinct sessions.

Session #1 - September to November – Cross Country/Learn to Run

Through a fun based education incorporating drills, games, running, and strength and agility, this program will focus on the fundamentals of running efficiencies. Practices will be broken into two groups. The first will focus on those athletes interested in Cross Country running and learning to run. The running distances will be longer. The second group will consist of base training, strength conditioning and running form and will be used more for power speed athletes. Distances in this group will be shorter. Both groups will have the opportunity to compete at two cross country meets including Cross Country Provincial Championships.

Date: September 10th – October 30th -8 weeks (twice per week)
Time: Wednesdays 5:45-7:45 – Confederation Park
Saturday – 10:30-11:45 – Canmore Park
Cost: \$160.00 for the session.

Session #2 - Indoor Track and Field -

This program will focus on learning the fundamentals of running, jumping and throwing using age appropriate progressions. The program will be held indoors. Through a fun and active learning environment, skills learned in this program will create a strong foundation for success in both Track and Field and other sports and physical activities. This program will have several opportunities to compete at track and field meets in Calgary. Athletes will have the opportunity to compete at Alberta Indoor Provincial Championships in Edmonton as well as several Calgary meets.

Date: January 14th – March 21st – 10 Week session (16 practices)(twice per week)
Time: Saturday 9-11 – Talisman Center
Wednesday 6:30-7:45 pm - Talisman Center
Cost: \$180.00 for the session plus a \$50.00 Mandatory Athletics Alberta Fee (AA fee is payable once per year. Once paid it is transferable to Cheetah Session #3)
Additional costs:
- Entry fees to track meets (only payable if athlete competes)
- Catlaf competition singlets (\$43.00) (only payable if purchased)

Session #3 (Outdoor)

This program will focus on learning the fundamentals of running, jumping and throwing using age appropriate progressions. The program will be held indoors. Through a fun and active learning environment, skills learned in this program will create a strong foundation for success in both Track and Field and other sports and physical activities. This program will have several opportunities to compete at track and field meets in Calgary. Athletes will have the opportunity to compete at meet in Calgary including Caltaf Track Classic.

Date: April 29th-June 23rd -10 week program (16 practices) (twice per week)

North Centered Group

Monday 6:30-7:45 pm – Foothills Athletic Park

Wednesday 6:30-7:45 pm – Foothills Athletic Park

South Centered Group

Tuesdays from 6:30-7:45 – Glenmore Athletic Park

Thursday 6:30-7:45 pm – Glenmore Athletic Park

Cost: \$180.00 for the session plus a \$50.00 Mandatory Athletics Alberta Fee (AA fee is payable once per year. If paid in Session #2, AA membership it is transferable to session #3)

Additional costs:

- Entry fees to track meets (only payable if athlete competes)
- Caltaf competition singlets (\$45.00) (only payable if purchased)

For more information and to register, please contact the Calgary Track and Field Association (Caltaf) office at info@caltaf.com or 403-686-6011.



Calgary Track and Field

**Faster
Higher
Stronger**

Athletes ages 6-12

**Three sessions
per year**

September to October
January to March
April to June

info@caltaf.com
(403-686-6011)