

## What the KTFC Can Offer You:

- A knowledgeable coaching staff.
- Quality programs for athlete development.
- An opportunity to develop multiple skills in many event areas.
- An opportunity to improve your jumping, speed and strength abilities.
- An opportunity to compete locally, provincially, nationally, or internationally.
- Access to fully equipped track and field facilities, both indoors and outdoors.
- A challenge. We want to challenge and empower every athlete to experience personal success.



## Success is Measured by Improvement

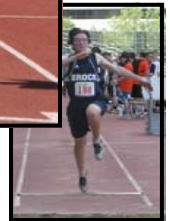


### Kamloops Track & Field Club

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*"We acknowledge the financial assistance of  
the Province of British Columbia"*



*Run Faster  
Jump Higher  
Throw Farther*

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**[www.kamloopstrackandfield.ca](http://www.kamloopstrackandfield.ca)**

# The Kamloops Track & Field Club



The Kamloops Track and Field Club is a non-profit, community oriented organization devoted to the development of all athletes. From Track Rascals to Masters, we have a program to suit any athletic ability, and we welcome participants of all ages and levels of experience.

As a fundamental sport, track and field is one of the few sports where athletes can learn skills that transfer to all other sports. Building from the ground up, we teach athletes to run, jump and throw.

We have a reputation of producing athletes who have reached the national and international stages and we continue to strive to produce more. In this respect, we continually attempt to provide quality programs to all athletes regardless of their abilities. We do not have any attendance rules for developing athletes as we know that families and athletes are very busy, but for those athletes who do decide to pursue excellence in track and field we provide specialized programs 4-5 days per week.

The KTFC is a member of BC Athletics, and has been a member of the Pacific Sport Interior Regional Centre since 1994. We currently employ two full-time coaches and numerous part-time coaches to ensure all athletes receive proper instruction.

No matter what your age, experience or ability, KTFC invests in every athlete, and is committed to helping you be the BEST YOU CAN BE.



## Indoor Programs & Fees 2010/2011

	Age	Program	Program Length	Fee	Training Days & Times
<b>Track Rascals*</b>	6-8	Nov—Dec	6 weeks	\$45	Wed 5:00-6:00pm
		Jan—Feb	6 weeks	\$45	
<b>Junior Development*</b>	9-12	Nov—March	17 weeks	\$210—1 day/week	Tues & Thurs 4:30-6:00pm
				\$135—2 days/week	
<b>Development*</b>	13+	Nov—March	17 weeks	\$310—13/14 yr old. \$317.20—15 yr. old \$339.60—16+ yr. old	Sun, Mon, Wed & Thurs 4:30-6:30pm
<b>Performance</b>	16+	Nov—March	23 weeks	\$389.60	Sun—Thursday 6:00-8:00pm
<b>Masters*</b>	35+	Oct—Dec	~13 weeks	\$194.80	Mon, Wed: 7-9pm & Sat: 9-11am
		Jan—March	~13 weeks	\$194.80	

*\*Athletes do not have to attend all practices*

### 2010-2011 Indoor Registration Dates

Tuesday, October 19 & Wednesday, October 20  
7:00-9:00pm @ Tournament Capital Centre  
-Practices begin the first week of November, 2010.



### January Start-Up

(no January start available into the Performance program)  
Tuesday, January 4 & Wednesday, January 5  
7:00-9:00pm @ Tournament Capital Centre  
-Fees will be pro-rated  
-Practices begin the week of January 9, 2011.

