



To: Athabasca Communities and Schools

From: Brandy Smart, Northern Sport, Culture & Recreation District
Joe (Smy) Tsannie, Prince Albert Grand Council

RE: Track and Field Month in Athabasca

The weather is getting warmer and the snow is melting, its time to start thinking about playing outside! Athletics (Track & Field) is a sport identified by Athabasca Communities as an important sport for development. Here are some of the reasons why:

- Athletics develops endurance, strength and motor skills.
- Increasing youth participation in sports and physical activity reduces the risk of health and social problems later in life.
- Athletics is primarily an 'individual' sport. Due to the smaller population and travel distances between Athabasca communities, the opportunities for athletes to succeed in individual sports are greater than vs. team sports.
- Everyone can participate! Regardless of age, or skill level.
- Athletics is a core sport in provincial and national level competitions:
 - Saskatchewan First Nation Summer Games, July 22-26, 2007, Red Pheasant
 - Saskatchewan Summer Games, August 3-9, 2008, Lloydminster
 - North American Indigenous Games, August 2-10, 2008, Cowichan, BC

To assist you in developing the sport of Athletics (Track & Field) in your community we want you to declare May "Track and Field Month" and encourage you to **run a local Track & Field Meet**. In order to do this we have put together a package of resources for you to choose from. If this type of program already occurs through your school or recreation department...GREAT! Hopefully the resources (details enclosed) can either enhance your already existing program or inspire you to run one for the first time. Joe and Brandy are available to assist with the planning of your event if needed; however, ***we would also encourage you to consider finding additional resources to bring in certified instructors from the Saskatchewan Athletics to enhance your athlete's skill development (ie: Run, Jump, Throw Program) and/or train local coaches and officials.***

Take a look at the attached resource package details, complete, and send back. Allow up to two weeks for delivery of the packages.

GOOD LUCK!

Brandy Smart, NSCRD Athabasca Area

Joe (Smy) Tsannie, PAGC Athabasca

TRACK & FIELD MONTH RESOURCE PACKAGE

Request Form

Community: _____

School: _____

Contact Person: _____

Position: _____

**This person will take responsibility for the care and usage of the equipment.*

Contact Phone #: _____

Contact Fax #: _____

Dates of Local Track & Field Meet: _____
(if applicable)

The following resources are available to assist you in developing the sport of Athletics and to organize a local Track & Field Meet in your community.

DEVELOPMENT PACKAGE

(Please check the resources you would like to receive)

- Sample Manual and Rule Book for HOW TO organize a Hershey's Track & Field Games Meet (adapted events ie: softball throw, standing long jump)
- International Association of Athletics Federations Competition Rule Book
- Teacher/Coach Resource Information Sheets
 - Dynamic Warm Up
 - Intro to Throws
 - Intro to Jumps
 - 4x100m Relay Sequence
 - Distance Running Guide
 - The Basic Mechanics of Running
 - Technique Drills for Runners

TRACK & FIELD MEET PACKAGE

(Please check the resources you would like to receive)

- Measuring Tape (15ft, 30ft, 100ft)
- Relay Batons (4)
- Pylons (8)
- Track Events Recording Sheets
- Field Events Recording Sheets
- Clipboards (4)
- Stop Watches (4)
- Ribbons (50 x 1st, 2nd, 3rd, Participant)
- Starting Cap Gun w shells

Select ONE of the following
(available for High Schools Only):

- Set of 6 shots (3x6lbs, 3x4kg)
- Set of 2 practice javelins (600gm)
- Set of 10 rubber discus (1kg)

**Additional equipment can be ordered and purchased at your own cost.*

***Please indicate if you require less than the quantity listed*

***BEFORE COMPLETING THIS FORM...**

It is recommended that all parties (recreation departments, schools and clubs) get together to discuss the distribution and usage of the equipment. Review the resources available and determine what is needed in the community and who will be the most appropriate contact person. Discuss the organization of the local Track & Field Meet (where applicable) and plans for future development of the sport.

Agreement & Declaration:

We agree that the above listed resources will be shared amongst Community Organizations (ie: Recreation Departments) and Schools for the benefit of all community members.

“We see value and are committed to developing the sport of Athletics in our community and school.”

Name of Community: _____

Name of School: _____

Chief/Mayor or Council Member Name

Signature

Education / School Representative Name

Signature

Date

Please Fax to:

**Northern Sport, Culture & Recreation District
Attention: Brandy Smart, Athabasca Area Coordinator
Fax: 306.425.4036**

OR,

**Prince Albert Grand Council - Athabasca Sports, Culture & Recreation
Attention: Joe Tsannie, Athabasca Coordinator
Fax: 306.922.3183**

May is...

TRACK & FIELD MONTH

The community of _____

Is hosting a local Track & Field Meet on

Contact _____

@ _____ For More Information.

