



VANCOUVER THUNDERBIRDS TRACK CLUB

Spring Break Open House

The Vancouver Thunderbirds Track Club is pleased to offer 3 free 90minute workouts to grade 4 to 7 students.

The athletes will have the opportunity to try a variety of events, throws, jumps, sprinting and hurdles as well as strength and speed training.

The three sessions will be run at 10am Monday, March 12th, Wednesday, March 14th and Thursday, March 15th at Lord Byng School.

Coaches: Graeme Fell – Olympic steeplechaser and Canadian Record holder – Graeme is an elementary school teacher in Vancouver – Byron Jack – Canadian triple jump champion and a secondary school teacher in Vancouver.

To sign up contact Graeme via email at runner@intergate.bc.ca